

HEALTHY FOOD POLICY

Background

Ursula Frayne Catholic College aims to educate the College community in making healthy eating an easy and informed choice.

Research shows that a healthy eating plan assists students to perform and behave better at school. The College aims, via a multifaceted program, at prevention rather than cure by attempting to influence and shape students' attitudes with food selections which can affect lifestyle and behaviours later in life.

Principles

- To foster the prevention and control of diet related diseases in students.
- To raise awareness of the high incidence of childhood obesity and its health impacts into adulthood.
- To model good eating habits by ensuring the availability and sale of foods and beverages in the College's canteens that are consistent with the Department of Education and Training's Healthy Food and Drink standards
- To provide the College community with information about food and nutrition and its role in preventing and controlling diet related diseases.
- To provide economically viable, hygienic and nutrition oriented food through the College canteens and at school events.

Procedures

To achieve the aim of this policy the College shall endeavour to adhere to the following procedures:

1. Ensure that the College curriculum is rich with learning opportunities that encourages and aids students in making wise choices when selecting food and drink.
2. Make healthy food an easy option for students and staff to purchase via the College's canteen by adhering to the Department of Education and Training's Healthy Food and Drink standards. (Refer to the website:
<http://www.det.wa.edu.au/healthyfoodanddrink/index.html>)
3. When providing food through the College canteen or at school events emphasis shall be given to the following foods that contribute significantly to meeting students' nutritional needs:
 - Breads and cereal foods, e.g. rice, pasta, especially wholegrain varieties
 - Fruit – preferably fresh, but including frozen and canned
 - Vegetables – fresh, frozen and canned
 - Reduced fat varieties of milk, cheese, yoghurt
 - Lean meats, skin-free poultry, fish, eggs, baked beans and other legumes
 - Plain water

4. Prohibiting students from leaving the school grounds to buy their lunches.
5. Promoting the drinking of water as the first and best choice.
6. The College adopts the 'Traffic Light' food rating system for determining the suitability and nutritional value of the food provided by the College Canteen or at school events. The majority of choices available shall be based on the core food groups and be predominantly those classified as 'Green', which may be supplemented by convenience products which may be classified as either 'Green or Amber'. No items classified as 'Red' may be sold. Some examples are provided in the table below:

GREEN FILL THE MENU Encourage and promote these EVERYDAY choices No less than 60%	AMBER Select carefully. Do not let these foods dominate the menu and choose small serves. These are LIMITED No more than 40%	RED OFF THE MENU NOT AVAILABLE 0%
<ul style="list-style-type: none"> • Fruit, preferably fresh but may include frozen, canned (in natural juice) • Vegetables and legumes, fresh, e.g. stuffed potatoes, corn-on-cob, or canned varieties e.g. baked beans, 3 bean mix. Salads (using reduced fat dressings only), all salad mixes • Cereal foods – wholegrain cereals, pasta, noodles, rice, sushi • A variety of bread types including wholegrain and/or wholemeal • A variety of sandwich/roll fillings that are all available with salad, e.g. egg, reduced fat cheese, skin-free chicken, tuna, lean meats, yeast spreads, hommus • Reduced fat dairy products including plain and flavoured milk and cheese • Lean meats, fish, poultry and alternatives e.g. skin-free chicken meat, lean meats, fish (tuna, salmon, sardines) • Plain water, plain mineral water • Fruit juices – small sizes (250ml or less) and no added sugar 	<ul style="list-style-type: none"> • Full fat dairy foods, e.g. milk, yoghurt, low fat dairy desserts, cheese • Registered cereals with added sugars* • Registered reduced fat pastry items* • Hot dogs made using registered frankfurts* • Registered sausages for sausage sizzles or special events organised by the canteen* • Registered savoury commercial products, e.g. fish, chicken, potato portions, pizza* • Registered hamburger patties* • Registered assorted cakes/biscuits or muffins* • Registered sweet and savoury snack foods* • Registered ice-creams/icy poles* • Registered mineral waters flavoured with fruit juice (no added sugar)* <p>NOTE: Full fat dairy products cannot be registered. Reduced fat dairy products are recommended for children over the age of 2 years. Only choose the full fat varieties if reduced fat is not available.</p>	<ul style="list-style-type: none"> • Full-fat pastry items of any description • Deep fried food of any description • Sweet sandwich fillings including jam, nut spreads, honey, or confectionery sprinkles • High fat sandwich meats including polony and salami • Confectionery (including liquorice, cough lollies, and fruit juice based jellies) and/or sweet or savoury snack items not registered by WASCA or FOCiS • Chocolate confectionery • Soft drinks, cordial, sports drinks • High caffeine drinks (eg drinks containing Guarana) • Chocolate coated and premium style ice-creams • Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices

7. Parents shall be encouraged to use the *GREEN AMBER RED* system at home too.
8. Some red rated foods may be sold at special College events, but these items should be limited with ample green and amber choices available. Such events include, but are not limited to Frayne Day and some fundraising activities.
9. Ensure food provided through vending machines comply with the traffic light food rating system.
10. People preparing food through the canteen or for school events shall ensure appropriate food safety and hygiene standards are maintained. This means that it is prepared, cooked, transported and served in such a way as to retain nutrients and to minimise bacterial contamination and growth.
11. To minimise the risks of anaphylactic events the College will avoid providing food items such as nuts and savoury nut spreads.
12. No food baked by parents in their home will be accepted for sale through the canteen/food service.