[INSERT SCHOOL LOGO OR LETTERHEAD]

# **Policy title: [INSERT SCHOOL NAME] FOOD AND DRINK** POLICY

# **Published:** [INSERT DATE]

# **Identifier:**

#  **Legislation:**

Food Act 2001 (ACT)

 Australia New Zealand Food Standards Code (Cth)

 Fair Work Act 2009

Food Regulation 2002 (ACT)

Education and Care Services National Law (ACT) Act 2011

 Children and Young People(ACT) Act 2008

 Working with Vulnerable People (Background Checking) ACT) 2011

# Supporting documents:

* *Australian Dietary Guidelines 2013
Website:* [*www.eatforhealth.gov.au*](http://www.eatforhealth.gov.au)
* *National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2013* (National Healthy School Canteen Guidelines)
*Website:* [*www.health.gov.au*](http://www.health.gov.au)
* *ACT Public School Food and Drink Policy implementation support materials
Website:* [*www.education.act.gov.au*](http://www.education.act.gov.au) *(search food and drink guidelines)*

## PURPOSE

Our school recognises that childhood is a time when attitudes about food and eating behaviours are formed. Once a child begins school, the school environment plays a role in influencing children’s food preferences.

Our school is committed to developing the spiritual, physical, emotional and intellectual welfare of its students. We are proud to promote and model healthy eating and good nutrition in school programs and in school canteens. This reinforces the teaching about nutrition that is taught as part of the *Australian Curriculum* and contributes to the health and wellbeing of the school community.

This policy has been adapted from the *ACT Public School Food and Drink Policy* and provides a framework to promote a consistent, whole school approach to the provision and sale of healthy food and drinks in ACT independent schools.

## POLICY STATEMENT

The Principal is responsible for ensuring that the *National Healthy School Canteen Guidelines* are applied to the sale of food and drinks in school canteens and to all school activities and events. The *National Healthy School Canteen Guidelines* use a traffic light system to categorise food and drinks according to their nutritional value and levels of energy, saturated fat, fibre, sugar and salt. The Traffic Light System is as follows:

**GREEN** food and drinks are the best choices. They should always be available, displayed in prominent areas, and actively promoted and encouraged. **GREEN** foods and drinks form the basis of a healthy diet. **GREEN** foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.

**AMBER** foods and drinks should be selected carefully. They should not dominate the food and drink choices displayed or promoted. **AMBER** foods and drinks contribute some valuable nutrients, but contain moderate amounts saturated fat, sugar and/or salt and may be low in fibre. **AMBER** food and drinks may contribute to excess intake of energy (kilojoules/calories) if consumed in large quantities.

**RED** foods and drinks should not be provided or sold in schools. **RED** foods and drinks are low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. **RED** foods and drinks may also provide excess energy (kilojoules/calories).

Adapted from the *National Healthy School Canteen Guidelines* 2013.

Sugary drinks are not permitted to be sold in our school canteen.

Food and drink vending machines are not permitted on our school site.

The following exemptions apply to food and drink:

* Food and drinks sold at occasional fetes, fundraisers and school events no more than twice per term although healthier alternatives are encouraged.
* Food and drinks supplied from home, including birthday cakes.
* Curriculum-related cooking and food-technology courses (schools are strongly encouraged to consider the National Healthy School Canteen Guidelines when making curriculum decisions with regard to cooking and food-technology).

Our school is encouraged to apply the *National Healthy School Canteen Guidelines* (including the *traffic light system)* when foods and drinks are provided to students participating in off-site school activities, such as excursions or school sports carnivals.

The Principal is responsible for ensuring that religious and cultural practices are considered where foods and drinks are provided at school events and activities.

The Principal is responsible for meeting the requirements of relevant policies to ensure that food allergies, intolerances and medical conditions (such as anaphylaxis) are managed where foods and drinks are provided at school events and activities.

The Principal is responsible for ensuring that RED category food and drink items are not used as rewards or incentives for student learning.

Staff are encouraged to support the Policy by not consuming RED category foods and drinks in view of students.

Principals are required to ensure appropriate Agreements are in place for any school food service/canteen. As part of the Agreement:

* + 1. School canteens must be registered as a food business and meet the requirements for the safe handling and sale of food under the *Food Act 2001* (ACT)*.*
		2. School canteens are subject to the requirements of the *Food Act 2001* (ACT), *Food Regulation ACT 2002* (ACT)and *Australia New Zealand Food Standards Code.* These may include inspection and reporting requirements, where relevant.
		3. The Principal and canteen operator must meet their responsibilities under the *Work Health and Safety Act 2011(ACT),* the *Working with Vulnerable People (Background Checking) Act 2011 (ACT)* and the Fair Work Act 2009.
		4. The school canteen will be subject to an annual menu review by an external agency to assess the food and drinks provided and for sale against the *National Healthy School Canteen Guidelines*.

Our school is encouraged to access professional advice to support them in the implementation of our Food and Drink Policy through nutrition advisory services.

## RATIONALE

This policy has been developed to promote a consistent, whole school approach to the provision and sale of healthy food and drinks in ACT schools.

Our school recognises that childhood is a time when attitudes about food and eating behaviours are formed. Once a child begins school, the school environment plays a role in influencing children’s food preferences.

The links between health and education are well established. Healthy children are better able to learn, and higher levels of educational achievement are associated with better health.

Food and nutrition education in schools is taught as part of the Australian Curriculum. This provides students with opportunities to learn about food production, the benefits of healthy eating, nutritionally sound choices, and preparation of healthy foods.

The *Australian Dietary Guidelines 2013* use the best available scientific evidence to provide information on the types and amounts of foods and drinks that promote health and wellbeing, reduce the risk of diet-related conditions, and reduce the risk of chronic disease.

The *National Healthy School Canteen Guidelines* are consistent with the types and amounts of foods and drinks recommended for children and young people in the *Australian Dietary Guidelines 2013.* The *National Healthy School Canteen Guidelines* use a *traffic light system* to categorise foods and drinks according to their nutritional value and levels of energy, fibre, saturated fat, sugar and salt.

## DEFINITIONS

***Australian Dietary Guidelines 2013***: provides advice about the amounts and kinds of foods required to maintain health and wellbeing.

***National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens*** *(updated)* ***2013***: have been designed for use in school canteens, and provide useful guidance for other school activities where foods and drinks are provided or sold. This policy applies the Guidelines to all school activities.

**School Canteen**: is a food business/food service provider that supplies foods and drinks for sale to a school population, primarily on the school premises during school hours.

**Traffic Light System**: The *National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2013*uses a Traffic Light System to categorise foods and drinks as GREEN, AMBER or RED depending on their nutritional value and levels of saturated fat, sugar and salt.

## LEGISLATION

***Australia New Zealand Food Standards Code***

*The Australia New Zealand Food Standards Code*provides standards to ensure food in Australia and New Zealand is safe and suitable for human consumption. It includes standards for food additives, food safety, labelling and foods that need pre-approval such as genetically modified (GM) foods.

***Children and Young People Act 2008 (ACT)***

The *Children and Young People Act 2008* (ACT) provides for the wellbeing, care and protection of children and young people in a way that:

* recognises their right to grow in a safe and stable environment
* takes into account the responsibilities of parents, families, the community and the whole of government
* ensures that children and young people are provided with a safe and nurturing environment by organisations and people who, directly or indirectly, provide for their wellbeing, care and protection.

***Fair Work Act 2009***

*The Fair Work Act 2009* covers workplace relations and such matters as the payment of award wages, record keeping and the various rights and obligations of employers and their employees.

***Food Act 2001* (ACT) and the *Food Regulation 2002* (ACT),**

The *Food Act 2001 (ACT)* and the *Food Regulation 2002 (ACT)* regulate the sale of food for human consumption, and for other purposes. The *ACT Public School Food and Drink Policy,* and supporting materials align with the *Food Act*by:

* ensuring food for sale is safe and suitable for consumption
* preventing misleading conduct in relation to the sale of food
* adopting the *Australia New Zealand Food Standards Code*.

Although the *Food Act 2001* applies to school canteens, it may not apply to food sales by volunteers for a Parents and Citizens Association for the purposes of fundraising. Details of exemptions for non-profit community organisations can be found in the *Food Act 2001,* or by contacting the Health Protection Service on 6205 1700 or hps@act.gov.au.

***Work Health and Safety Act 2011 (ACT)***

*The Work Health and Safety Act 2011 (ACT)* aims to secure and promote work safety, eliminate risks to work safety at the source, to protect people at work from injury and illness, to foster cooperation and consultation between employers and workers and to provide a framework for continuous improvement and higher standards of work safety.

4.5 ***Working with Vulnerable People (Background Checking) Act 2011 (ACT)***

*The Working with Vulnerable People (Background Checking) Act 2011 (ACT)* provides a requirement for background checking as part of a risk assessment of persons seeking to work with vulnerable people, and aims to reduce the risk of harm or neglect to vulnerable people in the ACT.

## COMPLAINTS

Where there are concerns regarding the application of the Policy or the Policy itself, contact should be made with the Principal

## [INSERT DETAILS OF POLICY OWNER]

For support in relation to this policy please contact [INSERT DETAILS].

## RELATED POLICIES

*[INSERT DETAILS]*

*[INSERT DETAILS]*

*[INSERT DETAILS]*

*This policy has been adapted from the ACT Public School Food and Drink Policy (2015), with permission from the ACT Education Directorate.*