

Healthy Food and Drink Policy



Orange Grove's Healthy Food and Drink Policy

- Is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework.
- Is compliant with the Department of Education's Healthy Food and Drink policy.
- Applies to classroom rewards, cooking activities, school camps and excursions.
- Applies to all members of the school community providing food to students including Parents and Citizens' Associations, external contractors and local caterers that provide a food service to the school.

Menu planning

Orange Grove School's food service menu will

- Include a minimum of 60% Green menu choices
- Include a maximum of 40% Amber menu choices
- Not make available food and drinks that do not meet specified minimum nutrient criteria (RED)
- Limit savoury commercial products in the AMBER category to those that meet the criteria for registration and making them available no more than twice a week.

Whole school approach

Childhood obesity is now recognised as a worldwide epidemic

Orange Grove School and the food service will work together to support healthy eating. Adopting a whole school approach, consistent messages can be promoted through the curriculum and the social and physical environments.

Orange Grove School will adopt a whole school approach to promote healthy lifestyles through the following

- Healthy Breakfasts
- Daily fitness program
- Newsletter communications (at least 1 per term) on healthy eating and/ or health promoting messages
- Non-food related fundraising initiatives
- School kitchen garden
- Fundraising initiatives which promote physical activity such as lapathons.

Food safety and hygiene

The Food Act 2008 (WA) and the Food Regulations 2009 (WA) require that:

- All food services apply for registration with the local council as a food business (a fee may be applicable).
- Schools notify the local council prior to conducting a charitable or community event involving food (i.e. a cake stall or sausage sizzle) and
- Food prepared for sale is only made on approved premises, for example a business approved by the appropriate enforcement agency. Food prepared in a home that has not been approved as a food business must not be sold in a Canteen.

The Australia and New Zealand Food Standards Code requires that:

- Food handlers' personal hygiene practices and cleanliness minimise the risk of food contamination. Risks can be minimised by the wearing of hats, hairnets and aprons provided by the food service; and
- The preparation, cooking, transportation and serving of food is done in such a way as to retain nutrients and minimise bacterial contamination.

Occupational health and safety

The food service at Orange Grove Primary School is a workplace and will comply with the Occupational Safety and Health Act 1984 (WA) and Occupational Safety and Health Regulations 1996 (WA). The Department of Education has a number of policies and procedures related to health and safety. Some of the requirements include:

- All food service staff and volunteers to be made aware of the evacuation procedures in case of fire or other emergency
- All food service staff and volunteers to wear enclosed footwear. Shoes with heels or, open sandals are not acceptable
- Only food service staff and volunteers rostered for service may enter the canteen premises during normal service.

Young children accompanying paid workers or volunteers and enrolled students working in a canteen could constitute a hazard. The occupational Health and Safety Act 1984 requires all practicable measures are taken to minimise exposure to hazards in a workplace.

Food service management issues

1. Skills and knowledge
 - a. The Department of Education requires the food service supervisor (e.g. Parents and Citizens' Association representative) to undertake "traffic light" training conducted by the Western Australian School Canteen Association Inc and achieve competencies in nutrition, food safety and hygiene and canteen management.
 - b. The primary objective of Orange Grove School's food service is to provide a nutritious food service.
2. Canteen/ food service equipment
 - a. The food service committee shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used in according to the appliance directions
 - b. The food service committee shall report to the Principal any structural defect(s) within the canteen.
3. Gifts/ concessions
 - a. All discounts, allowances, complimentary articles, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the canteen and be properly recorded and later accounted for at the time of stocktaking. Public school canteens must comply with the Department of Education policies, including the Financial Management in Schools Finance and Accounting policy.