



Mount Hawthorn Education Support Centre

## **Healthy Food and Drink Policy**

2017-2019

## **School Canteen**

Along with Mount Hawthorn Primary School, we use the canteen which is run and managed by parents of the joint P&C. The school canteen is open every school day for recess and lunch and promotes healthy nutrition for all our students and teachers.

### Food Safety And Hygiene

Principals will ensure canteen/food service workers and volunteers have completed FoodSafe Food Handler training or its equivalent.

### Food Types in the Canteen

The canteen acknowledges the Traffic Light Policy but in addition has implemented a low additive policy. Food is homemade, wherever possible, and when food is brought in ready-made ingredients are checked carefully. These foods must adhere to the low additive policy and all additives and preservatives are eliminated as much as possible.

In other words, the canteen is available every day and promotes a wide range of the foods that comprise the majority of a healthy diet ('green'). Also available sometimes are foods that should be eaten in moderation ('amber'). The canteen does not include foods that do not meet specified minimum nutrient criteria ('red').

## **Our Policy on Foods**

Foods we promote to parents as healthy foods to be included in lunchboxes or purchased in the canteen for students in the 'Green' category include:

- breads, cereal foods, vegetables, legumes, reduced fat dairy products, lean meat, fish, poultry and alternatives
- sandwich fillings - all lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, Vegemite, yeast spreads and fish spreads,
- hot food - jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), rice, soups, toast, English muffins, crumpets (wholemeal), raisin toast and meals meeting the criteria for registration such as curry and rice and pasta dishes.
- snacks - reduced fat yoghurt and cheese sticks, scones, raisin or fruit bread, pikelets, bread sticks, bruschetta, water crackers, rice cakes, rice crackers, popcorn (plain/low fat/flavoured), dried fruit, seed packs, trail mix based on breakfast cereals, registered snacks
- drinks - water, plain mineral water, reduced fat milk, fresh fruit milkshakes, soy and 100% fruit juice.

Students bring fruit to school and younger students have fruit time before recess every day, giving them access to a variety of fresh fruits.

## **Special Diets**

Some students have very specific dietary requirements linked to their disability, such as limited foods brought in by parents for them, e.g. no-gluten diets or no nuts, and we always follow guidelines specified by parents and provide alternatives during, for example, cooking lessons.

In addition, some students may have developed food anxieties and will need eating to be part of their IEP. These students will be able to eat outside of normal recess/lunch times, possibly by themselves, and food choices may, at the start, be extremely limited. Over time, however, food choices will be widened to include more healthy options.

## **Cooking Lessons**

Students have weekly cooking lessons. Teachers are aware of dietary requirements (which could be health related or culturally based, such as halal) for each student. Teachers will be aware of all dietary requirements by consultation with parents and will ensure alternatives are provided as well as space to prevent students eating other students' foods. Cooking lessons involve healthy food choices for all students.

## **Excursions**

Students on excursions may, at times, be in the position to buy their own lunch. In this case, accompanying staff will always be encouraged to make healthy choices or follow choices specified by parents.