



**Gilmore**  
COLLEGE

## **HEALTHY FOOD AND DRINK POLICY**

**This document should be read in conjunction with Gilmore College’s Health and Wellbeing Policy.**

### **1. Rationale**

Gilmore College has a vital role to play to ensure that students’ physical and emotional well-being is healthy and positive by reinforcing and role modelling good nutrition and health lifestyle practices.

The school community has a responsibility to ensure these messages are delivered by:

- Teaching students the importance of positive food and health concepts via the curriculum.
- Modelling healthy food and drink choices in the canteen menu, for class treats/rewards and at school events such as reward days, camps, and excursions.
- Implementing the WA Government’s “Traffic Light – Healthy Food and Drink Choices” policy.
- Developing a process for the use of ‘discretionary choices’ where the Curriculum dictates, for example, learning skills in cookery.
- Implementing a school breakfast program that is compliant with the Department of Education’s Healthy Food and Drink policy.

### **2. Guidelines**

Gilmore College 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.

### **3. Communication**

Gilmore College will adopt a whole school approach to promote healthy lifestyles through the following:

- Build and maintain positive relationships between the school, home and the wider community in respect to key health messages and initiatives and the support of the promotion of healthy eating.
- Multi-media communications (at least 1 per term) on healthy eating and/or health promoting messages.
- Non-food related fundraising initiatives and/or fundraising initiatives which promote physical activity.

- Promote activities or events that encourage physical activity.

#### **4. Canteen Management**

Gilmore College canteen is operated by a private contractor. The canteen will operate in accordance with the contract between the private contractor and the school and will adhere to the aims and objectives outlined in this policy. The canteen supervisor will report directly to the Principal. The canteen supervisor will undertake 'traffic light' training conducted by the Western Australian School Canteen Association Inc.

Gilmore College's canteen/food service menu will:

- Be reviewed by the Gilmore College Executive team seasonally.
- Provide variety and change particularly according to summer and winter seasons.
- Have available and on a daily basis promote a wide range of foods that make up 60% GREEN menu choices.
- Have available only a maximum 40% AMBER menu choices and avoid large serving sizes.
- 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.
- A wide range of foods will be offered, taking into consideration the ethnic diversity in the school community.
- All packaged foods sold have adequate labelling and comply with Food Standards Australia New Zealand Code (FSANZ).

#### **5. Occupational Health and Safety**

The canteen/food service at Gilmore College 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:

- Canteen/food service workers and volunteers have completed FoodSafe Food Handler training or its equivalent.
- All canteen/food service staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency.
- All canteen/food service staff and volunteers to wear enclosed footwear. Shoes with heels or, open sandals are not acceptable.
- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity.
- Only canteen/food service staff and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours.

#### **6. Fundraising and Whole School Staff and/or Student Activities**

Staff should:

- Seek permission from the Principal prior to selling or providing food items to students and staff.

- Avoid 'red' food and drinks. For more information go to [WA School Canteens Checklist](#).
- Inform the canteen staff of the event in a timely manner.

**7. Websites relating to healthy food and drink choices which may provide useful information:**

<https://www.eatforhealth.gov.au/>

[DOE27571\\_HEALTHY\\_FACTSHEETS.indd \(education.wa.edu.au\)](#)

<http://www.nutritionaustralia.org/wa>

**8. Document Control**

<p><b>Owner:</b>  <b>Created:</b>  <b>Modified:</b>  <b>Approved:</b>  <b>Next Review:</b>  <b>Policy Location:</b></p>	<p>Associate Principal  27 July 2021  2 November 2022  2 November 2022  July 2024  S:\AdminShared\Administration  Staff\100 Administration\109  Policy\GILMORE POLICIES</p>	<p><b>Implementation and Review:</b>  The Associate Principal is responsible to the College Executive for the continuous monitoring and review of the Healthy Food and Drink Policy.</p>
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