

Procedures for Healthy Food Choices at School

DOCUMENT INFORMATION

Effective date	Term 1, 2019	Review date	Term 1 2021
Responsible Officer	Principal	Approved by	School Council
Related documents	<p>Department of Education and Training, Smart Choices Tool Kit</p> <p>Australian Guide to Healthy Eating National Healthy School Canteen Guidelines</p> <p>Nutrition Australia Queensland (https://naqlid.org/food-smart-schools/)</p>	Audience	Staff, students, parent/carers, P&C Association and all other services in contact with Peregian Springs SS

Purpose

This document sets out the principles for the supply of food and drinks across the Peregian Springs State School (PSSS) whole of school environment.

PSSS recognises that good nutrition contributes to good health and wellbeing which is vital for positive engagement in learning and development activities.

The school environment provides an opportunity to support healthy lifestyles and a learning environment which includes experiencing and talking about the production and preparation of food for nutrition and wellbeing.

Scope

The *whole of school environment* refers to the school campus, school activities on and off campus and all services delivered by Peregian Springs State School.

Whole of school events are events open to the student body or wider audience and include, as examples: fund-raising activities, excursions, camps, sports day and music/dance performance events.

Whole of School Food Supply

- All activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition for students
- Healthy food choices within the school are consistently promoted and are culturally sensitive and inclusive and reflect the diversity of the Peregian Springs school community
- Whole of school events that involve the provision of food and drink to students, including excursions, camps and school functions should be consistent with the Australian Guide to Healthy Eating and the Smart Choices Tool Kit
- Where school activities involve the provision of food and drink to the wider school community, consideration should be given to modelling and promoting healthy eating and drinking; **green** food choices must be provided and are strongly encouraged to be supplied as the main food and drink option
- **Red** food options for all events are restricted and applications to provide these must be made to the P&C in advance
- All sugar sweetened drinks exceed the nutritional criteria for **amber** foods outlined in the National Healthy School Canteen Guidelines and the Smart Choice Tool Kit, and are not permitted for sale in school canteens, fundraising events or any other school activity

Tuckshop

- All food and drink available within the school canteen meets the requirements of the Department of Education and Training (DET) *Healthy Food and Drink Supply Strategy* <http://education.qld.gov.au/schools/healthy/food-drink-strategy.html> and of the *National Healthy School Canteens Guidelines for healthy foods and drinks supplied in school canteens* <http://www.health.gov.au/internet/main/publishing.nsf/content/phd-nutrition-canteens>
- Food and drinks (including home cooked foods) provided by the school Tuckshop will be re-assessed for compliance against the DET strategy criteria twice yearly
- The Tuckshop menu encourages a variety of fresh fruit and vegetable options for students and staff
- Foods categorised as **red** in the Smart Choices Tool Kit and the National School Canteen Guidelines are not available for sale by the school's Tuckshop
- Food products containing nuts and eggs are not available for sale in the Tuckshop (with the exception of cakes/muffins containing cooked egg)

Food Safety

- Food will be prepared, stored and served hygienically in accordance with the Queensland Food Act and Food Standards Code - <https://www.health.qld.gov.au/public-health/industry-environment/food-safety/regulation/act-standards> .
- Food preparation facilities in the Tuckshop and in classrooms will be maintained in a hygienic condition

Curriculum

- PSSS food and nutrition curriculum is consistent with the Australian Guide to Healthy Eating
- Involves activities that provides students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Includes opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food

The Learning Environment

- Water is promoted as the drink of choice at all times
- Fresh, clean tap water is available at all times and students are encouraged to drink water regularly through the day (water bottles encouraged in the classroom)
- Students will eat routinely at scheduled break times
- Students eat in a positive, supervised and appropriate social environment with staff who model healthy eating behaviours in the school setting
- Lollies and/or chocolates are not to be used in the classroom for rewarding or comforting students

Working with families, health services and industry

- PSSS invites parents and caregivers to be involved in the scheduled review of the Procedures for Healthy Food Choice at School
- PSSS will provide families and caregivers with information and resources to increase understanding and skills in how to choose and prepare healthy food and drink options for students
- PSSS Tuckshop will source healthy food and drinks locally wherever possible
- PSSS will display and promote healthy eating choices and information across the school environment via posters, websites, newsletters and other relevant communication material

Special Occasions / Celebrations (in the classroom)

This section covers Easter, Birthdays, 'Christmas' parties, ANZAC Day and other celebrations and events such as 'end of NAPLAN', sports' days, Lapathon, SpringX, swimming carnivals, Harmony Day and class rewards for other activities.

PSSS highly values the recognition and celebration of special occasions within the classroom, for example days of cultural significance, birthdays, end of year class parties, winning competitions, activities related to P&C fund raising.

- PSSS encourages teachers/parents/carers to provide healthy options for celebrating birthdays or other special events and in the provision of food class parties
- Drinks categorised as **red** in the DET *Healthy Food and Drink Supply Strategy* are not to be provided by teachers/parents/carers
- Students are discouraged from purchasing food on excursions or at swimming carnivals and other off-site events
- Parents and parent volunteers on excursions are not permitted to purchase food for their own children nor for other children in attendance
- Teachers will advise parents/carers at the start of each year (via newsletter or class information afternoons) that an alternative food for celebrations can be stored at school if they do not want their child to participate in a celebration where food has been provided by other parents

Sample note for teachers to cut and paste into newsletters and other communication
Celebrating children's birthdays has been a long-standing tradition in our school. Parents regularly choose to send a treat on their child's birthday to share with the rest of the class. Parents are asked to advise me if they prefer their child not receive the treat on a class mate's birthday. You are welcome to provide an alternative that can be kept in the freezer for such occasions. Teachers will not be advising parents of when a child's birthday is coming up.

Examples of green and amber foods for special occasions:

TYPE	GREEN	AMBER*	Foods parents are requested not to provide for celebrations ¹
SWEET	fruit platters, scones, pikelets, fruit breads and buns (no icing)	un-iced cakes, muffins and sweet pastries, fruit jelly, fruit ice-blocks, custard, yoghurt, mini muffins	Uncut cakes (knives and matches are not easily accessible) Soft drinks and other sugar sweetened drinks Chocolate, lollies, Candy Canes (Christmas lollies) Non-fruit based icy pole sticks (e.g. Zooper Doopers) Ice cream
SAVOURY	savoury breads, muffins and rolls, popcorn (air popped in individual servings), sushi, lentil patties, veggie burgers, falafels, bagels, burritos, Turkish bread, tortillas, noodles, rice, couscous, quinoa, lean meats e.g.: steak, chicken breast	savoury tacos, spring rolls, nachos, pizza, rice and noodle dishes, chicken drumsticks and wings, flavoured popcorn (individual servings), baked potatoes, dim sims, dumplings, dips, salsa, cheese and cream cheese Care should be taken to keep sugar, fat and salt content as low as possible	Chilli and other spicy foods Large packets to be shared i.e. packets of popcorn Nuts Eggs

¹ This is not an exhaustive list

Management of Anaphylaxis and Food Allergies

The [Anaphylaxis Guidelines for Queensland State Schools](#) provide specific information for Queensland state schools on how to manage and treat students at risk of anaphylaxis.

A group of children with special dietary requirements and other contact with food are enrolled at PSSS. Their allergies are severe and some are at risk of an anaphylactic shock if they come into contact with nut/egg products or ingest these products. All children with allergies have health plans and are taught by the families to be self-managed around food. In addition, the school has other measures in place. These include

- Promotion and education of 'A **'No food and drink sharing'** procedure'
- Promotion and education of 'A **'No touching others while eating'** procedure'
- Regular reminders to wash hands before and after eating.
- No products containing nuts are sold at our Tuckshop.
- Eggs are used in the Tuckshop only for cooking food products such as muffins or healthy cakes and slices (excluding quiches and other egg-based slices such as zucchini slice).
- Regular reminders for products containing nuts, whole/mashed boiled eggs and egg-based products such as egg mayonnaise, quiche or zucchini slice can be consumed at school.²

Procedures

- Teachers and other staff members address these issues with their classes on a regular basis.
- The school participates in Food Allergy Awareness Week (<https://www.foodallergyaware.com.au/>)

Best practice in management of these situations includes asking that the following items to not be brought to school

- All nuts – ground and tree nuts, whole, crushed, salted, roasted, nut-milk etc
- Spreads made from nuts, e.g. peanut butter, Nutella
- Whole egg, e.g. egg sandwiches, boiled eggs
- Egg mayonnaise
- Muesli bars, muffins, biscuits, cakes, etc. containing nuts³

Food that is accepted

- Coconuts
- Egg cooked into food, e.g. cakes, muffins, pikelets, etc. (our students with food allergies should not share food)
- Food products with trace nuts – it must state this on the packet as sometimes there is a fine line between nuts and trace nuts

Our staff check what students are eating as anaphylaxis is potentially life threatening. The Department's policy on anaphylaxis management can be found at <http://education.qld.gov.au/schools/healthy/anaphylaxis.html>

Staff Training Course-on-line

<https://etraining.allergy.org.au/login/index.php>

Further information

If you have questions or need further advice or guidance on food choices at PSSS, please enquire with your child's teacher or the Principal.

² This includes staff members and visitors

³ Children sharing birthday cakes or other celebratory cakes at school must check with their class teacher first. Most classes suggest bringing lemonade ice blocks instead.

Date

Dear Parents/Carers

Thank you for supplying xxx for xxx.

In line with the Australian Guide to Healthy Eating National Healthy School Canteen Guidelines and with the guidelines provided to schools regarding provision of food to students at school, we are unable to serve this item to children.

The guidelines expect us to only provide foods that fall into the green or amber categories except on a small number of occasions each year. We have exhausted that number of occasions for this year. In addition, there are foods categorised as red which we are never allowed to supply to children. The table below shows examples of this.

Thank you for your generosity and I hope you understand the reasons for the food/drink being returned.

Yours sincerely

XXX
Class Teacher

Gwen Sands
Principal

Examples of green and amber foods for special occasions:

TYPE	GREEN	AMBER*	Foods parents are requested not to provide for celebrations
SWEET	fruit platters, scones, pikelets, fruit breads and buns (no icing)	un-iced cakes, muffins and sweet pastries, fruit jelly, fruit ice-blocks, custard, yoghurt, mini muffins	Uncut cakes (knives and matches are not easily accessible) Soft drinks Candy Canes (Christmas lollies) 'Zoooper Dooper' style icy pole sticks Ice cream
SAVOURY	savoury breads, muffins and rolls, popcorn (air popped in individual servings), sushi, lentil patties, veggie burgers, falafels, bagels, burritos, Turkish bread, tortillas, noodles, rice, couscous, quinoa, lean meats e.g.: steak, chicken breast	savoury tacos, spring rolls, nachos, pizza, rice and noodle dishes, chicken drumsticks and wings, flavoured popcorn (individual servings), baked potatoes, dim sims, dumplings, dips, salsa, cheese and cream cheese Care should be taken to keep sugar, fat and salt content as low as possible	Chilli and other spicy foods Large packets to be shared i.e. packets of popcorn Nuts Eggs



Ready Reckoner (revised 2016)

Changes have been made to the Smart Choices Ready Reckoner (table of foods and drinks commonly supplied in schools) after consideration of the *2013 Australian Dietary Guidelines* and the *2010 National Healthy School Canteen Guidelines*. The major changes are summarised in the following pages. All changes have been incorporated into a new **Ready Reckoner** which can be accessed at www.education.qld.gov.au/schools/healthy/food-drink-strategy.html

DRINKS

- The only drinks to be supplied in schools are:
 - plain water (still, spring or sparkling, without added flavouring)
 - milk (plain or flavoured, full-fat or reduced-fat)
 - juice (at least 99% non-carbonated fruit or vegetable juice without added flavouring).
- All other drinks are classified as RED. These drinks should not be sold or supplied at any time in school tuckshops or vending machines.

SAVOURY SNACKS

- All potato chips (crisps), other vegetable chips (crisps), cereal based snacks (corn chips, rice chips and wholegrain snacks), extruded snacks (savory puffs, balls or rings) and similar snacks are classified as RED.

SWEET BAKED PRODUCTS

- All products with added confectionery, icing and sweet fillings are classified as RED. This includes, but is not limited to, chocolate chip cookies, iced buns, cakes and slices.

OTHER SIGNIFICANT CHANGES

- Reduced fat flavoured milks change from GREEN to AMBER.
- Slushies must be at least 99% fruit juice with no additional flavourings (maximum serve size 250mL).
- Coffee-style milk drinks must not be sold in primary schools. If these products are sold or supplied in secondary schools the maximum serve size is 375mL.
- Formulated meal replacements, formulated supplementary foods and formulated supplementary sports foods such as breakfast drinks and protein bars must not be sold or supplied.
- Chocolate and hazelnut spreads, jelly and jelly products (diet or regular) are considered confectionery items and classified as RED.
- Dried fruit changes from GREEN to AMBER.

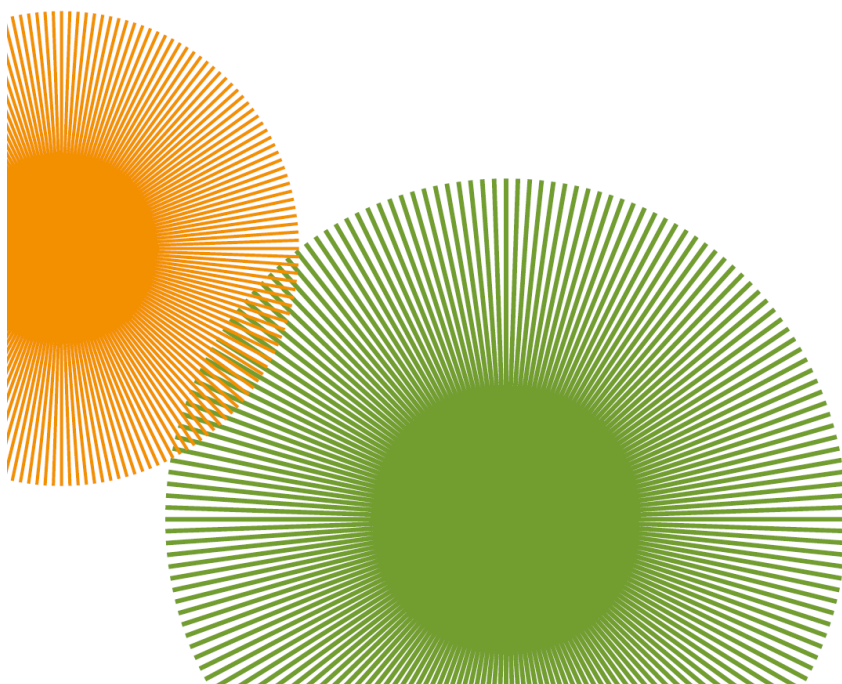
GREEN: Have plenty – encourage and promote these food and drinks. These foods and drinks do not need to be assessed.


Food	Examples
Bread and alternatives <i>Choose wholemeal or high fibre varieties</i>	Breads, bagels, rolls, wraps, tortillas, plain focaccias, Panini, Turkish bread, English muffins, crumpets and similar products. Scones, pikelets, pancakes – plain or fruit varieties without toppings or with reduced fat/sugar toppings such as reduced fat spread, fruit puree, whipped ricotta, yoghurt. Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns. Plain rice cakes and corn cakes, crisp breads and water crackers.
Breakfast cereals <i>Serve with reduced fat milk</i>	Wholegrain and minimally processed cereals and porridge, low in added sugar, higher in fibre and without added confectionery.
Drinks	Plain low or reduced fat milk and soy drinks, with no added flavouring. Plain water – still, spring or sparkling, with no added flavouring.
Fruit	All fresh, frozen fruit or canned fruit in 100% fruit juice.
Meat and alternatives <i>Choose lean cuts and serve with GREEN salad/vegetables</i>	Lean meat cuts - trimmed and/or skinless. Meat patties prepared on site, using lean or trimmed meats. Canned tuna, salmon, sardines. Eggs. Unsalted and dry roasted or raw nut varieties. Grilled or baked falafels, lentil or legume patties (low salt).
Meals <i>Prepare on site and use reduced fat and reduced salt ingredients – include salad/vegetables</i>	Pasta, rice, noodles, casseroles, curries, or similar prepared on site with plenty of vegetables and/or lean meats. Pizza prepared on site using thin, muffin or pita style bases with plenty of vegetables and/or lean meats. Soup, homemade or commercial - reduced fat and low salt. Jacket potato with reduced fat toppings. Sushi and rice paper rolls with lean fillings.
Rice, grains and pasta	Plain rice, grains, noodles, couscous, polenta, burghul, quinoa, cracked wheat or similar prepared on site. Air-popped popcorn with nothing added.
Vegetables and legumes	All vegetables, fresh, frozen and reduced salt canned varieties. All salads – if adding dressing choose reduced salt and fat varieties. All legumes, baked beans, chickpeas, beans, lentils, grilled or baked falafels and lentil patties (low salt).
Yoghurt, custard and cheese <i>Choose reduced fat</i>	Low or reduced fat cheese. Low or reduced fat plain or fruit yoghurt and custard without added confectionery or jelly.






AMBER: Select carefully – don't let these foods and drinks dominate the choices and avoid large serving sizes. Products with a 🔍 will need to be assessed against the 'Occasional' Food and Drink Criteria tables which can be found in the front of the Quick Guide or on the Smart Choices website at www.education.qld.gov.au/schools/healthy/food-drink-strategy.html

Food	Examples
Bread and alternatives	Commercially produced savoury breads, scrolls, pull a-parts, garlic and herb bread. 🔍 Scones, pikelets, pancakes topped with honey, jam, syrup. Flavoured rice and corn cakes.
Breakfast cereals	Refined or processed cereals with some added sugar, flavour and/or sweetener – refined or processed cereals with high amounts of added sugar must not be served.
Drinks	Plain full fat milk and soy drinks, with no added flavouring. All flavoured milk – reduced fat and full fat. Maximum serve size 500mL. Coffee style drinks may only be sold to secondary school students - maximum serve size 375mL. Fruit and vegetable juice (at least 99% fruit/vegetable juice, non-carbonated, no added flavouring - maximum serve size 250mL). Slushies must be at least 99% fruit juice without added flavourings - maximum serve size of 250mL.
Dried or canned fruit and fruit leathers	Canned fruit in syrup. Dried fruit. Fruit leathers. 🔍
Ice creams, milk based ices and dairy desserts	Low or reduced fat ice creams (not chocolate coated), milk-based ices, and dairy desserts - ensure milk or milk solids or soy is listed as the first ingredient. 🔍
Meat and alternatives <i>Choose reduced fat and salt and serve with GREEN salad/vegetables/grains</i>	Sausages (eg. very lean meat and low salt varieties, chicken, kangaroo), frankfurters, cheerios, commercial meat patties (beef, lamb, chicken, fish or lentils) or chicken fillets, chicken drumsticks, meatballs and similar. 🔍 Lean processed luncheon meats, chicken roll/loaf, free flow chicken, cured meats (eg. ham, bacon), corned beef, devon. Nuts, salted or roasted varieties.
Meals	Commercial pre-packaged or frozen pizza, pasta, rice, noodles and noodle cups, casseroles, curries or similar. 🔍 Cream based soups, commercial or made on site. Sushi and rice paper rolls with crumbed filling.

<p>Savoury hot foods <i>Limit the serve size and number per serve – serve with salad/vegetables. Check the nutritional panel of these products carefully to assess whether they fit into the AMBER or RED category.</i></p>	<p>Pies, party pies, sausage rolls, filled pastries, cheese and spinach triangles, quiches, samosas and similar. 🔍</p> <p>Chicken fillets, patties, nuggets, strips, goujons, fish fingers, crumbed fish, beef or chicken and similar. 🔍</p> <p>Potato/vegetable wedges, gems, hash browns and similar. Instant hot noodle cups, reduced fat and low salt. 🔍</p>
<p>Sauces, spreads and condiments</p>	<p>All sauces, dips, condiments, gravies and sandwich spreads (excluding butter) use in small amounts and choose reduced fat and reduced salt varieties. Honey, jam and syrup.</p>
<p>Snack foods and baked goods</p>	<p>Flavoured commercial popcorn – no butter, reduced salt flavourings. 🔍</p> <p>Un-iced, high fibre and reduced fat varieties of baked goods in a small to medium serve 30 - 40g. 🔍</p> <p>Snack food bars, muesli bars, savoury biscuits, muffins and similar. 🔍</p>
<p>Yoghurt, custard and cheese</p>	<p>Full fat cheese. Full fat plain or fruit yoghurt and custard without added confectionery.</p>



RED: Occasionally – these foods and drinks are to be supplied on no more than two occasions per term across the whole school environment. Products with a  will need to be assessed against the ‘Occasional’ Food and Drink Criteria tables which can be found in the front of the Quick Guide or on the Smart Choices website at www.education.qld.gov.au/schools/healthy/food-drink-strategy.html

Food	Examples
Confectionery	All types sold separately or added to products including boiled lollies, cough lollies, jelly lollies, frozen jellies, jelly fillings, juice jellies, chocolate chips, carob, chocolate, chocolate/yoghurt/carob coated items, liquorice, hazelnut spreads, icing, jelly or cream based fillings and similar products.
Deep fried food	All deep fried food including foods that have been deep-fried or battered and reheated.
Drinks	All sugar-sweetened drinks, soft drinks, intensely-sweetened drinks (excluding milk), carbonated juices and other carbonated drinks, flavoured mineral waters, cordials, flavoured waters, vitamin/nutrient waters, sports drinks and waters, fruit drinks, iced teas and similar.
Fats and oils	Saturated fats including butter, lard, ghee, copha, coconut and palm oil. Cream, coconut cream and full fat coconut milk.
Ice cream and ices	Chocolate coated or premium products. Slushies with less than 99% fruit juice or more than the maximum serve size of 250mL
Savoury hot food	Pies, party pies, sausage rolls, filled pastries, cheese and spinach triangles, quiches, samosas and similar.  Chicken fillets, patties, nuggets, strips, goujons, fish fingers, crumbed fish, beef or chicken and similar.  Potato/vegetable wedges, gems, hash browns and similar.  Instant hot noodle cups, reduced fat and low salt. 
Sweet pastries	All croissants, Danishes and similar - plain and savoury.
Snack foods and baked goods	Potato chips (crisps), corn chips, vegetable chips (crisps), cereal based snacks (corn chips, rice chips), extruded snacks (savoury, puffs, balls or rings) and similar snacks. Products which are iced or cream filled, with added confectionery e.g. slices, cakes, chocolate chip cookies, doughnuts, buns or similar products. Snack food bars, muesli bars, pretzels, chick pea snacks, savoury biscuits, muffins and similar. 
Yoghurt, custard, dairy desserts	Products containing chocolate or added confectionery.

The changes to the Smart Choices Ready Reckoner are in line with recommendations of the 2013 *Australian Dietary Guidelines* which provide up-to-date information about the amount and kinds of foods that we need to eat for health and wellbeing. *The Australian Guide to Healthy Eating* is a pictorial summary of this information.



Source: National Health and Medical Research Council (2013) *Australian Dietary Guidelines*. Canberra: National Health and Medical

Support and advice

The following resources are available to support school's implementation of Smart Choices.



Smart Choices website

Resources, fact sheets, FAQs, recipes, videos and training.

www.education.qld.gov.au/schools/healthy/food-drink-strategy.html



Smart Choices online training

A free online training program to help school staff, tuckshop convenors, volunteers and parents develop their knowledge, skills and confidence in implementing the Smart Choices strategy.

www.learningplace.eq.edu.au/cx/resources/file/5a476484-29ec-45a8-a7cf-dde8d6fe7d8f/1/index.html



NAQ Nutrition, Food Smart Schools

Resources and services for teachers, parents, students, principals, tuckshop/canteens and parent organisations. Experts in providing nutrition, food safety and menu planning advice and services for schools.

www.foodsmartschools.org



Queensland Association of School Tuckshops (QAST)

A membership based organisation providing advice and support to convenors, parent organisation representatives and business managers on tuckshop/canteen management and operations, and food safety.

www.qast.org.au/about-us



P&C Queensland

P&Cs Qld is the peak parent body which represents the interests of state school parents and citizens associations throughout Queensland. The organisation can provide advice to P&Cs on tuckshop operations.



Australian Dietary Guidelines – Eat for Health

Advice about the amount and kinds of foods that we need to eat for health and wellbeing.

www.eatforhealth.gov.au/