



Pingelly PS Healthy Food and Drink Policy

Rationale:

Pingelly PS will establish and maintain policy and operational guidelines pertaining to the provision of healthy food and drink, and observation of food safety and hygiene practices. The policy and operational guidelines are underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework and seek to promote healthy eating within the school community.

Policy:

- Is compliant with the Department of Education's *Healthy Food and Drink* policy;
- seeks to meet and work towards exceeding the minimum standard for **GREEN** food and drinks used across all school settings (classroom rewards, cooking activities, school camps and excursions);
- will promote healthy eating through curriculum delivery and providing information through the school newsletter and website;
- applies to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

Procedures:

A whole school approach to healthy eating at Pingelly PS will be supported by;

- The delivery of an engaging and informative curriculum that incorporates healthy eating lessons;
- working with the school and local community to promote healthy eating;
- promoting healthy eating information and key messages through the school letter and other communication resources;
- changing the lunch order menu according to the summer and winter seasons;
- having a menu available every day and promoting a wide range of the foods that will make up the majority of a healthy diet (**GREEN**);
- supplying a healthy & varied Breakfast Club to all students;
- having a designated Crunch & Sip time in all classrooms;
- providing daily opportunities for exercise.

Role of Pingelly PS Food Service (breakfast club, P&C Association, external food providers)

- To provide a food service to students and staff that meets their nutritional needs, promotes healthy food and is part of a whole school approach.
- Reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This has the potential to influence food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

1. Breakfast Club

Breakfast club is operated each morning and is overseen by school staff. Breakfast club food and drink can only be **GREEN** rated items. Breakfast club menu will be reviewed each year as part of ongoing assessment cycle.



2. Parents

Our desire through our Healthy Food and Drink Policy is that our parent community supports our endeavour to provide children with healthy food and drink on a daily basis and is committed to minimising **AMBER** and **RED** food and drink in children's lunchboxes.

3. P&C Association

No restrictions apply to the P&C Association regarding the provision of **AMBER** and **RED** category food and drink items at P&C run events. If P&C are providing catering support to a school event, then the requirements of this policy applies. The school and P&C will work together to ensure that a healthy menu is provided.

4. External Food Providers

In providing a food service to Pingelly PS, external food providers agree to abide by the Pingelly PS Healthy Food and Drink Policy. As part of this policy, external food providers will;

- include a minimum of **60% GREEN** food choices;
- include a maximum of **40% AMBER** food choices;
- provide no **RED** classified food or drink;
- limit savoury commercial products in the **AMBER** category to those that meet the criteria for registration, and making them available no more than once per week;
- provide limits on quantities that students can order so that multiple items cannot be ordered (i.e. two pizzas, two chocolate milks).

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 (ie a cake stall or sausage sizzle); and
- food prepared for sale is only made in approved premises, for example a food 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 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 canteen/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 canteen/food service at PPS 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 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

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.

Canteen/Food Service Equipment

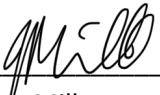
- The canteen/food service committee shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions
- The canteen/food service committee shall report to the Principal any structural defect(s) within the canteen.

Compliance and monitoring of this policy will occur as part of Pingelly PS' ongoing self-assessment cycle through;

- Parent surveys
- Term meetings with third party food service providers
- Review of breakfast club
- Healthy Food and Drink Policy compliance survey

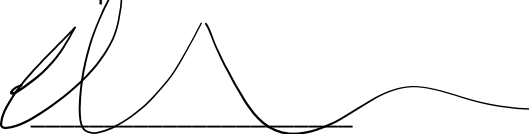
This policy was endorsed by the Pingelly PS School Council in term 1 2020

School Council Chair



Jane Mills

Principal



Rob McArdle

This policy is scheduled for review in term 1 2021