



Pyramid Hill College

Is a Child Safe School

Canteens, Healthy Eating and Other Food Services Policy

Help for non-English speakers



If you need help to understand the information in this policy please contact the Pyramid Hill College Office Manager on 0354 557377

PURPOSE

The purpose of this policy is to ensure school food services provide food and drinks which contribute to a supportive, healthy school environment.

In summary:

- A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people.
- Victorian government schools including primary, secondary, special and language schools, should support a healthy eating culture by developing a healthy school food services and promoting healthy eating principles. Schools should ensure healthy food choices are the major option made available to the school community by their school, and should never supply high sugar content drinks or confectionery.

SCOPE

This policy applies to:

- All students at Pyramid Hill College.
- All external food providers to Pyramid Hill College

DEFINITION

Confectionery

Confectionery can be defined as a small snack, chocolate or lolly — often sized for individual consumption — of minimal nutritional value and with sugar as a main ingredient. Common names for confectionery include lollies, candy or sweets. Confectionery comes in a variety of shapes, textures from jelly-like, soft and chewy to hard and brittle

POLICY

School food services can have a major impact on the foods and drinks that students are exposed to and consume. Enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom activities and for healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness

It is important that parents, teachers and students work together to support a whole-school-approach to healthy eating and build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

A healthy school food service:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with Australian Dietary Guidelines
- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents and the wider school community
- is an integral part of the entire healthy school environment

It is important that parents, teachers and students work together to build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

To support a whole-school-approach to healthy eating schools should:

- work with parents, teachers and students to promote healthy eating practices
- apply a healthy eating approach to all food and drink services provided to the school community by the school
- ensure healthy food choices are made available to the school community by their school
- ensure EVERYDAY food and drinks are always available as the main choices and SELECT CAREFULLY food and drinks are selected carefully and limit the availability of OCCASIONALLY food and drinks
- never supply:
 - high sugar content drinks such as energy drinks and flavoured mineral waters with high sugar content
 - confectionery such as chocolate, lollies, yoghurt compound and coatings, fudge and chewing gum
- ensure curriculum programs promote a healthy eating approach

The policy applies to

- all foods and drinks provided in the following areas within the school environment:
 - school canteens and contracted school food services
 - external businesses and retail food outlets supplying schools (for example, milk bars, cafes and bakeries)
 - vending machines

- school curriculum activities
- rewards and incentives
- school sporting days, social events and productions
- school-based breakfast programs
- outside school hours care programs on school grounds

This policy does not apply to:

- foods and drinks used for the management of individual student's health conditions
- student lunches and snacks brought from home
- student birthday celebrations
- non-school-related events and activities managed by external organisations on school grounds, for example community sport
- school camps

Special dietary requirements

Some students may require special diets for medical reasons. The school food service should try to meet these needs as far as possible so that all children can enjoy eating a healthy lunch from the canteen. Any special needs for children with disabilities such as modified texture diets or wheelchair access to the canteen should also be considered.

The school principal, child's teacher or parents should provide advice of any special dietary needs to canteen staff.

Anaphylactic (severe) food allergy

Contact with certain foods (such as peanuts, cow's milk, egg, wheat, soy bean, tree nuts, fish and shellfish can be fatal for people with allergies to these foods. The Department has guidelines for schools to support students with [anaphylaxis](#), refer to: [Anaphylaxis](#).

Canteen staff need to be aware of students with such allergies and be familiar with the school's management strategies for these students.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Included in staff induction processes
- Hard copy available from school administration upon request

MORE INFORMATION AND RESOURCES

- Finance Manual — Section 12 Trading Operations
- Food Handling in Canteens
- Procurement — Schools
- Education and Training Reform Act 2006 (Vic)
- Food Act 1984 (Vic)
- Anaphylaxis Policy

POLICY REVIEW AND APPROVAL

Policy last reviewed	March 2022
Consultation	March 2022
Approved by	Principal
Next scheduled review date	2026

APPENDIX 1:

FOOD CATEGORIES

Foods and drinks in the **Everyday category** (Green Foods on the Food list) are consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are most suitable for school food services.

Foods and drinks in the Everyday category are based on the basic food groups and include: breads and cereals, rice, pasta, noodles, vegetables, fruits, dairy foods – reduced or low-fat milk, yoghurt and cheese, lean meat and poultry, fish, eggs, nuts* and legumes (dried beans and lentils) water.

The school will: encourage and promote these foods take every opportunity to include foods in this group as the main choices for school lunches

- promote these foods as tasty, fresh and good value choices
- present these foods in attractive and interesting ways
- include as the main choices at school events and activities involving foods.

Select Carefully category (Amber foods on Food List)

Foods and drinks in the Select Carefully category contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added. The school will limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the Everyday category.

Foods and drinks in the Select Carefully category include:

full-fat dairy foods, low-fat ice-cream

99 per cent fruit juices and 99 per cent fruit-juice based ices

artificially sweetened drinks

reduced-fat processed meats

commercially prepared hot foods reduced-fat,

high-fibre snack foods

margarines, oils, spreads, sauces and gravies.

Occasionally category (Red foods on Food list)

Foods and drinks in the Occasionally category are not consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are not recommended for school food services.

The availability of these foods and drinks are limited to no more than two occasions per term.

Foods and drinks in this category are defined in the *Australian Guide to Healthy Eating* as 'extra foods' and include: sugar-sweetened drinks – sports drinks, cordial, fruit-flavoured drinks deep-fried foods pastry-based or crumbed hot foods savoury snack foods – crisps, chips, biscuits ice-creams and ice confections –chocolate-coated and premium ice-creams, icypoles and ice crushes cakes, muffins, sweet pastries, slices, biscuits and bars.

No confectionery should be supplied through school food services.

APPENDIX 2

References:

Dietary Guidelines for Children and Adolescents in Australia (National Health and Medical Research Council 2003)	www.health.gov.au/nhmrc/publications/files/n30.pdf
Australian Guide to Healthy Eating	www.health.gov.au/pubhlth/strateg/food/guide/whatis.htm
Dietitians Association of Australia Accredited Practising Dietitian Hotline on 1800 812 942	www/eea/asn/au
Food Safety Victoria Hotline Telephone 1300 364 352	www.health.vic.gov.au/foodsafety
Health Promoting Schools	www.ahpsa.org.au
National Heart Foundation of Australia Telephone 1300 362 787	www.heartfoundation.com.au
Nutrition Australia – Nutrition in Schools Advisory Service	www.nutritionaustralia.org
Public Health Nutrition Information – Department of Human Services Telephone (03) 9637 4047 or (03) 9637 4929	www.health.vic.gov.au/nutrition
Victorian Home Economics and Textiles Teachers' Association Telephone (03) 9888 2240	www.vhetta.com.au
Australian School Canteen Association (ASCA) PO Box 1496 Collingwood Vic 3066 Telephone 1800 219 556 Email: office@asca.com.au	www.asca.com.au
The Victorian School Canteen Association VSCA PO Box 5144 West Heidelberg Vic 3081 Telephone (03) 9890 4203 Fax (03) 9890 1601 Free Call (Victorian Country schools) 1800 803 762 Email: info@vsca.org.au	www.vsca.org.au