

## HEALTHY AND SAFE FOOD AND DRINK POLICY

### PURPOSE

To develop a whole school approach where the school, families and P&C work together to support healthy and safe eating and drinking for all students when at school, that aligns with the [Department of Education's Student Health in Public School Policy](#).

West Leeming Primary School will adopt a whole school approach to promote healthy and safe eating whilst attending school:

- Implementation of the West Australian Curriculum: Health and Physical Education
- Crunch and Sip guidelines
- Consistent health promoting messages through communication, the curriculum, and social and physical environments
- Encouraging non-food related fundraising initiatives, such as 'lapathons', dress-ups and readathons.

### SCHOOL RESPONSIBILITIES

The School will:

1. Promote student health, safety and wellbeing such as
  - Understanding healthy food options
  - Practicing appropriate personal hygiene
2. Implement this school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for 'green' food and drinks mandated in these procedures and which incorporates the following:
  - Students should be supplied 'green' and 'amber' foods in school settings
  - The distribution of red foods can only occur with prior approval from the Leadership Team.
3. Manage the risk of food allergies by:
  - Teaching students that food is not shared at school – exceptions may include events such as Year 6 Graduation or end of year classroom functions
  - Advising parents of allergen risks as part of the parent information session
  - If a high allergen food, such as peanuts, is brought to school, it is eaten away from peers and hygiene protocols are followed
  - When any high allergen food is brought to school by a student, advising their parents of the allergy risk and asking for it not to be brought to school in the future.
4. Staff will support children to eat as much as they need to feel full, choosing from the foods parents have provided. It is not the teacher's responsibility to monitor lunchbox consumption including pressure to eat or manage food selection.
5. Staff will support children to drink as much water as they need to feel hydrated, having access to their water bottles in the classroom and drink fountains. It is not the teacher's responsibility to monitor water consumption.

### P&C FOOD SERVICE RESPONSIBILITIES

The primary objective of West Leeming Primary School's P&C food service is to provide a nutritious food provision.

The P&C will:

- Provide a food service to students and staff that meets their nutritional needs, promotes healthy food, is part of a whole school approach, and is affordable and financially sustainable
- Be compliant with the Australian New Zealand Food Standards Code.

The P&C food service menu (during school hours) will:

- include a minimum of 60% GREEN menu choices
- include a maximum of 40% AMBER menu choices
- 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.

(Refer to National Healthy School Canteens Project, funded by the Australian Government Department of Health, for more information).

## **FAMILY RESPONSIBILITIES**

### **Food Distribution:**

- Families are requested to provide lunch boxes for their children that consist primarily of healthy food options.
- Families are asked not to bring food for distribution to other students for any reason, including birthdays, Chinese New Year, Christmas and other special occasions. This is due to risk of anaphylaxis and to support healthy food options.

### **Allergy Management:**

Anaphylaxis is a sudden, severe and potentially fatal allergic reaction to certain foods, especially but not limited to, peanuts and nut products. Even traces of nuts can cause anaphylaxis. The sensitivity is such that these children can have a reaction from just touching another child's hands or sharing toys and equipment with others who have been eating peanuts or nut products.

Parents are asked to help minimise the risk by following these simple steps:

- Provide foods to their children that do not contain nuts or peanuts
- Be aware that many sweets and biscuits contain traces of nuts – e.g. peanut butter, Nutella, certain muesli bars chocolate bars and biscuits containing nuts
- Encourage thorough washing of hands and face if children have eaten these foods before coming to school
- Be aware of the dangers of food cross contamination

Further information regarding anaphylaxis can be found at [www.allergyfacts.org.au](http://www.allergyfacts.org.au) and [www.allergy.org.au](http://www.allergy.org.au)

### **Policy References and Links**

- [Australian Dietary Guidelines](#),
- [Health Promoting Schools Framework](#)
- [Australian Government Department of Health](#)
- [Crunch and Sip](#)
- [National Healthy School Canteens Project](#)
- [Department of Education's Student Health in Public School Policy](#)

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