



## **HEALTHY EATING POLICY**

### **INTRODUCTION**

DOE has a School Nutrition and Healthy Eating Policy (revised 2017). The policy ensures that a consistent approach is applied to the availability and sale of food and drinks in NT government schools. The policy identifies the categories of food and drink that will/not be available or sold through the canteen, promotes nutrition education provides guidelines for classroom rewards, healthy fundraising and school activities.

When food or drink is provided to students in an NT school (by the canteen or during any other activity or program), schools must meet the requirements of the departmental School Nutrition and Healthy Eating guidelines. These are based on nutrient criteria from the National Healthy School Canteen Guidelines and the Federation of Canteens in Schools, as well as the Australian Guide to Healthy Eating.

Data published by the Australian Institute of Health and Welfare indicates that in 2014-15 the percentage of overweight or obese children in Australia was 1 in 4 (25%)<sup>i</sup>. Factors which may contribute to childhood obesity and weight issues can include poor food choices, lack of physical activity, and limited access to, and knowledge about, healthy food and drink options. Poor food and drink choices affect a number of other childhood health issues including oral health and dental care. In 2010, 55% of 6-year-olds had experienced decay in their baby (deciduous) teeth and 48% of 12-year-olds had experienced decay in their permanent teeth.

### **IMPLEMENTATION**

It is the **Principal's** responsibility to ensure that:

- All school community members are familiar with the policy
- The Canteen Manager abides by this policy and attends one policy related training session per year
- Parents are informed about updates to the policy through the newsletter once a term
- Nutrition education is taught to primary students through the Health and Physical Education learning area
- Student centred fundraising activities are consistent with the policy
- All catering and food supply contracted through the school comply with the policy

It is the **Canteen Manager's** responsibility to:

- Participate in at least one policy related training session a year
- Ensure all canteen staff and volunteers abide by the policy

It is the **Classroom Teachers' and Outside School Care Coordinator's** responsibility to ensure that:

- Nutrition education is taught through the Health and Physical Education learning area
- All education related activities involving food comply with the policy, including camps and excursions
- Food is not used as a reward in the school setting
- Students are not to share lunches and recesses



## REQUIREMENTS

### **Fundraising**

KSPS will ensure all fundraising activities comply with the policy. One whole school event per term does not have to align with the policy e.g. school fete or disco.

### **Food Rewards**

AT KSPS food will not be used as rewards for appropriate behaviours or achievements. Students will be rewarded according to the School Wellbeing and Behaviour Policy through:

- attention and praise
- stickers, stamps or certificates
- choice of activity rewards
- tokens

### **Staff as Role Models**

As school staff members are seen by students as role models promoting good health and behaviour, staff members will reinforce the healthy eating policy by example. This means that staff will:

- consume high fat/sugar foods in the staffroom only
- acknowledge the healthy food choices made by students

### **Exemptions from the Policy**

- One whole school event per term
- Food/drinks supplied from home, including birthday cakes
- Fundraising events held after-hours, or off-site
- Special needs students with parent consent

## **FOOD AND DRINK CATEGORIES**



### **ALWAYS ON THE MENU**

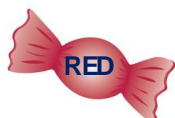
These foods and drinks are the best choices for a healthy school canteen and during school activities. A large variety of these foods and drinks must be available every day and represent the main choices on the canteen menu or when provided at school. They have a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).



### **SELECT CAREFULLY**

These foods and drinks contain some valuable nutrients, moderate amounts of saturated fat and/or sugar and/or sodium (salt) and if eaten regularly or in large amounts, may contribute to excess energy (kilojoules) being consumed. These foods and drinks **must be** assessed carefully against the Nutrient Criteria Tables to ensure that:

- the healthiest choices from this category are selected
- these foods and drinks **must not** dominate the menu
- the serving size is small.



### **NOT ON THE MENU**

These foods and drinks **must not** be sold or provided in schools, unless part of a whole school event. These foods and drinks may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar and are low in nutritional value.

## GREEN- ALWAYS ON THE MENU

A large variety of these foods and drinks **must** be available every day and be the main choices on canteen menus or instances where schools provide food or drink.

Food	Examples
Drinks	<p>Low or reduced-fat milk and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners</li> <li>• Suggested 375ml serve size or less</li> </ul> <p>Water: plain (tap, spring, mineral or sparkling), with nothing added</p>
Bread and alternatives	<p>Bagels, wrap style breads, crumpets, English muffins, focaccia, gluten-free, lavash, Lebanese, multigrain, pita, rye, tortillas, Turkish, wholegrain, wholemeal, white high fibre</p> <p>Raisin and fruit bread, un-iced fruit buns, glazed hot cross fruit buns.</p> <p>Plain and savoury scones, pikelets and pancakes.</p>
Breakfast cereals	<p>Wholegrain, whole-wheat flakes, wholegrain puffed cereals, porridge, whole-wheat biscuits, low in added sugar, higher in fibre and without added confectionary.</p>
Rice, grains and pasta	<p>Plain rice, noodles, pasta, burghul, cracked wheat, polenta, couscous.</p> <p>Plain air-popped popcorn with nothing added.</p>
Yoghurt, custard and cheese (including soy alternatives)	<p>Low or reduced-fat cheese without added confectionery. Low or reduced-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> </ul>
Fruit	<p>Fresh, in-season is the best choice.</p> <p>Frozen, pureed or canned in natural juice (does not include dried fruit).</p>
Vegetables (including legumes)	<p>Fresh, in-season is the best choice.</p> <p>Frozen or canned without added flavourings.</p> <p>Chickpeas, kidney beans, lentils, baked beans (dried or canned), lentil patties and falafels (grilled or baked).</p>
Lean meat, fish, poultry and alternatives	<p>Unprocessed lean beef, chicken, lamb, pork, turkey, fish.</p> <p>Canned tuna, salmon, sardines.</p> <p>Eggs, nuts* (un-salted, un-roasted, dry roasted).</p> <p><i>*Check your school policy regarding the use of nuts and products containing nuts.</i></p>

**Water is the preferred option for students in all school settings. All schools and preschools must ensure that children have access to, and are encouraged to access drinking water at all times, particularly in hot weather.**



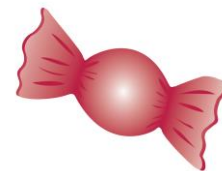
## AMBER - SELECT CAREFULLY

These foods and drinks **must** be assessed carefully against the Nutrient Criteria Tables and must not dominate the menu (see pages 8-9 for more details).

Food	Examples
<b>Drinks</b>	<p>Full-fat milk* and soy drinks, plain and flavoured.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners</li> <li>• Suggested 375ml serve size or less</li> <li>• Coffee-style milk drinks (including flavoured) may only be sold in Middle/Senior Schools (maximum 375ml serve size)</li> </ul> <p>Fruit and vegetable juice.</p> <ul style="list-style-type: none"> <li>• At least 99% fruit/vegetable juice, including sparkling varieties, no added sugar (maximum 250ml serve size)</li> <li>• Must not contain de-ionised juice</li> </ul> <p><i>*For early childhood settings, refer to Exemptions at Attachment A</i></p>
<b>Yoghurt, custard and cheese (including soy alternatives)</b>	<p>Full-fat cheese without added confectionery. Full-fat plain or fruit yoghurt and custard without added confectionery.</p> <ul style="list-style-type: none"> <li>• May contain intense (artificial) sweeteners.</li> </ul>
<b>Dried fruit, fruit leathers</b>	<p>All types. Fruit leathers must be 100% fruit. Keep the serve size small.</p>
<b>Fruit ice blocks, fruit jelly desserts, ice crushes and slushies</b>	<p>At least 99% fruit juice and no added sugar.</p> <ul style="list-style-type: none"> <li>• Ice slushies and fruit jellies (maximum 200ml serve size)</li> <li>• Fruit ice blocks (maximum 125ml serve size)</li> </ul>
<b>Meat products and alternatives</b>	<p>Burgers, patties, strips, balls, nuggets, sausages, frankfurts, saveloys (crumbed and un-crumbed), stews, casseroles and curries.</p> <p>Lean processed luncheon meats, fritz, devon, chicken loaf, free flow chicken, cured meats (for example: ham, bacon). Chicken drumsticks and wings.</p>
<b>Savoury hot food items</b>	<p>Savoury pastries, filled breads, pasta dishes, pizzas, oven-baked potato products, dim sims, spring rolls, rice and noodle dishes.</p>
<b>Sweet and savoury snack foods</b>	<p>Baked snack biscuits, breakfast bars, rice/corn crackers and cakes, crispbreads, fruit filled bars, flavoured popcorn, muesli bars, nut * and seed bars, sweet or savoury biscuits.</p> <p><i>*Check your school policy regarding the use of nuts and products containing nuts.</i></p>
<b>Un-iced cakes, muffins and sweet pastries</b>	<p>Some un-iced cakes and muffins that are small in serving size or have been modified to reduce the amount of saturated fat and/or sugar or with added fibre.</p>
<b>Ice creams, milk-based ices and dairy desserts, frozen yoghurts</b>	<p>Low or reduced-fat ice creams (not chocolate-coated), milk-based ices, custards and dairy desserts.</p> <ul style="list-style-type: none"> <li>• Milk must be listed as the first ingredient</li> </ul>
<b>Prepacked smoothies, liquid breakfast, yoghurt drinks</b>	<ul style="list-style-type: none"> <li>• Milk must be listed as the first ingredient</li> </ul>
<b>Fats and oils</b>	<p>Choose polyunsaturated and monounsaturated oils and spreads and use sparingly (for example: sunflower, safflower, corn, soya bean, olive, canola).</p>

<b>Spreads, dips, relishes</b>	Nut* spreads, fish/chicken/meat pastes, yeast spreads, dips, salsa, relishes. Use sparingly. <i>*Check your school policy regarding the use of nuts and products containing nuts.</i>
<b>Sauces</b>	Tomato sauce, tomato paste, mustard, sweet chilli, BBQ, soy, satay, gravy and stock. Choose low or reduced-salt products and use sparingly. Sauces which are not low or reduced salt must be considered as red foods.
<b>Toppings, syrup, jam, honey</b>	Small amounts, use sparingly.

## RED - NOT ON THE MENU



These foods and drinks **must not** be sold or provided in schools, unless part of a whole school event (see pages 8-9 for more details).

Food	Examples
Drinks	Soft drinks, iced tea, cordial, sports waters, sports drinks, flavoured mineral water, energy drinks, sweetened waters.
Intense (artificial) sweeteners*	Any product containing intense (artificial) sweeteners* with the exception of flavoured milk, fruit yoghurts and custards.
Caffeine and guarana	Any products containing guarana. Coffee-style products (including flavoured), mocha, latte, cappuccino or similar. Coffee-style milk drinks over 375ml serve size.
Fruit/vegetable juice	Less than 99% juice and/or added sugar and/or greater than 250ml serve size.
Jelly desserts, ice crushes and slushies	Less than 99% fruit juice and/or added sugar and/or greater than 200ml serve size.
Icy-poles and fruit ice blocks	Less than 99% fruit juice and/or added sugar and/or greater than 125ml serve size.
Cakes and slices	Iced cakes and slices, doughnuts, Danishes, croissants, cream-filled buns/cakes.
Confectionery	All types: sold separately or added to products including: boiled lollies, carob, chocolate (including choc chips and chocolate-coated), chocolate spreads, cough lollies, 100s and 1000s, juice jellies, icing, liquorice, soft lollies, yoghurt/carob-coated.
Deep-fried food	All types.
Fats	Cream, coconut cream, coconut milk, butter, copha, ghee, lard.

\*Code number and prescribed name for intense (artificial) sweeteners include:

950 (acesulphame potassium), 951 (aspartame), 952 (calcium cyclamate or sodium cyclamate or cyclamate), 953 (isomalt), 954 (saccharin or calcium saccharin or sodium saccharine or potassium saccharine), 955 (sucralose), 956 (alitame), 957 (thaumatin), 961 (neotame), 965 (maltitol and maltitol syrup or hydrogenated glucose syrup), 966 (lactitol), 967 (xylitol), 968 (erythritol).

### Confectionery in school settings

All types of confectionery are categorised as **RED - NOT ON THE MENU** and must not to be sold or provided in schools, unless part of a whole school event.

### 3.1.1 Understanding Nutrient Criteria Tables for **AMBER - SELECT CAREFULLY** food and drink

If the food item being assessed has **less than or equal** to the numbers specified in the energy, saturated fat or sodium column, and **more than or equal** to the number specified in the fibre column in Nutrient Criteria Tables 1 and 2, it may be sold or provided in the school. These foods and drinks contain some valuable nutrients, moderate amounts of saturated fat and/or sugar and/or sodium (salt) and serve sizes should be kept small to limit the energy (kilojoules) being consumed.

If the food being assessed is **over** the threshold for energy or saturated fat or sodium or **under** the threshold for fibre (if any criterion is **not** met) –the food is categorised as **RED - NOT ON THE MENU** and **these foods and drinks must not be sold or provided in schools, unless part of a whole school event.**

NUTRIENT CRITERIA –TABLE 1				
Table 1: Hot food items and processed meats assessed per 100g				
Category	Nutrient Criteria			
	Energy (kJ) per 100g	Saturated fat (g) per 100g	Sodium (mg) per 100g	
Savoury pastries, filled breads, pizzas, oven-baked potato products, dim sims, spring rolls	1000kJ or less	5g or less	400mg or less	
Meat products and alternatives crumbed and not-crumbed (burgers, patties, strips, balls or nuggets), sausages, frankfurts and saveloys	1000kJ or less	5g or less	450mg or less	
Processed luncheon meats (fritz, devon, chicken loaf, free flow chicken products) and cured meats (for example: ham, bacon)	1000kJ or less	3g or less	750mg or less	
Stews, casseroles and curries; rice, pasta dishes and noodle dishes	1000kJ or less	5g or less	400mg or less	
Pre-prepared meals based on core foods including rice and noodle dishes, sushi, pasta dishes, stews, casseroles and curries	greater than 1000kJ	greater than 5g or less	greater than 400mg	
	1000kJ or less	5g or less	400mg or less	
	750kJ or less	3.5g or less	300mg or less	
NUTRIENT CRITERIA –TABLE 2				
Table 2: Snack food items assessed per serve				
Category	Nutrient Criteria			
	Energy (kJ) per serve	Saturated fat (g) per serve	Sodium (mg) per serve	Fibre (g) per serve
Sweet snack food, bars and biscuits	600kJ or less	3g or less	-	1g or more
Savoury snack food, biscuits, crisp breads and crisps*	600kJ or less	2g or less	200mg or less	-
<b>Energy must be 1800kJ or less per 100g</b>				
Snack packs, dip and biscuit packs, cheese and biscuit packs	500kJ or less	5g or less	300mg or less	-
Dairy based ice creams, frozen yoghurt, dairy dessert	600kJ or less	3g or less	-	-

<b>Milk must be listed as first ingredient</b>				
Prepacked smoothies, liquid breakfast and yoghurt drinks	900kJ or less	3g or less		
<b>Milk must be listed as first ingredient</b>				
Un-iced cakes, muffins and sweet pastries	900kJ or less	3g or less	-	1.5g or more

*\*pre-packaged reduced fat hard cheese and water crackers are exempt from this criteria*

<b>NUTRIENT CRITERIA –BREAKFAST CEREALS</b>			
<b>Breakfast cereals are assessed per 100g</b>			
<b>Nutrient Criteria</b>			
<b>Sugar</b>	<b>Fibre</b>	<b>Saturated fat (g) per 100g</b>	<b>Sodium (mg) per 100g</b>
Without added fruit, 20g or more	5g or less	2g more	600mg or less
With added fruit, 25g or more			

**Evaluation:**

This policy will be reviewed as part of the school's review cycle.

This policy was last updated August 2017

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