



Queenscliff
PRIMARY SCHOOL
School Food Services
POLICY

PURPOSE

The purpose of this policy is to outline our school's arrangements for a food supplier to attend school grounds when the school is open for instruction between the hours of 1pm and 1.30pm. The purpose of this visit is to deliver hot / cold school lunches according to food handling regulations to the school for students. Schools should ensure healthy food choices are the major option made available to the school community by their school according to Victorian State Government Health Canteen Kit.

POLICY

The purpose of this policy is to ensure school food services provide school lunches which contribute to a supportive and healthy school environment at Queenscliff Primary School.

A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people.

Healthy eating is incorporated into the curriculum across multiple key learning areas. Students have the opportunity to engage in regular food-related activities, such as planning and growing (school garden) cooking and eating foods which are culturally appropriate and varied.

Victorian government schools should support a healthy eating culture by developing a healthy school food service 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.

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

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

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

Role of school council:

Many schools have contractual arrangements in relation to their food supplier and while these arrangements need to be honoured, school councils should discuss with suppliers' ways in which food supplies can be compliant with Department policy. Schools that have a specific relationship with a retail shop, for example a café or milk bar, also need to consider how the policy can be applied.

Role of the school food services:

School food services are important educational resources. They have an important role in the provision of food to students and the school community as well as being an integral part of the school environment.

The school food supplier should reflect the educational goals of the school and support and complement student learning. When consumed daily, the food provided through the school food supplier may comprise a third of a student's total daily intake and have a significant influence on their health and nutrition.

Guiding principles for food selection:

The following principles should inform the selection of foods sold in school food services:

- a range of foods are included from each of the five food groups outlined in the [Australian Guide to Healthy Eating](#)
- fresh food is provided rather than processed

Every day, Select Carefully and Occasionally food categories:

To assist schools and school food services to select and supply healthy eating options, foods and drinks have been divided into three categories.

Everyday category (Green)

Foods and drinks in the Everyday category are consistent with the [Australian Dietary Guidelines](#) 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

Checklist:

- Include most often as the main choices on the lunch order menu.
- Make available every day.
- Strongly encourage and promote these foods and drinks.
- Include as the main choices at school events and activities involving foods and drinks.

Select Carefully category (Amber)

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.

Schools are encouraged to 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
- 100 per cent fruit juices and 100 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

Checklist:

- Do not let these foods and drinks dominate the menu.
- Avoid large serve sizes.
- Reduce the number of these foods on the canteen menu.
- Offer these foods only on certain days of the week or limit selling time.
- Select healthier choices within the category.
- Select choices of these foods that contain fruits and/or vegetables or serve with fruits and/or vegetables.
- Do not promote vigorously at the expense of foods and drinks from the Everyday category.

Occasionally category (Red)

Foods and drinks in the Occasionally category are not consistent with the Australian Dietary Guidelines and are not recommended for school food services.

Schools should limit the availability of these foods and drinks to no more than two occasions per term.

Foods and drinks in this category include:

- 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, icy-poles and ice crushes
- cakes, muffins, sweet pastries, slices, biscuits and bars
- cream, butter and copha

COMMUNICATION

This policy will be communicated to our school community publicly on our school's website

- Discussed in an annual staff briefing/meeting
- Department policies: Made available in hard copy from school administration upon request

RELATED POLICIES AND RESOURCES

- Healthy Canteen Kit
- Procurement – Schools
- Schools Council Short Form Services Contract

POLICY REVIEW AND APPROVAL

Created date	24th June 2022
Consultation	School Improvement Team and School Council
Endorsed by	Principal: Mr Richard Buckingham
Endorsed on	8 th August 2022
Next review date	8 th August 2025