

Healthy Food and Drink Choices in Schools

Information for parents and carers:

Everything you need to know has been provided as information to schools and parents/carers on the website www.det.wa.edu.au/healthyfoodanddrink.

Should you have any questions about the policy, please contact Strategic Policy and Planning branch on 92645077.

Even though implementation of the Government policy is not mandatory in private schools, these schools are encouraged to implement the policy and model healthy eating practices in their settings. The Catholic Education Department has asked that we support these guidelines here at Mandurah Catholic College.

Mandurah Catholic College Canteen also participates in the StarCap2 Programme which is a Star Canteen Accredited Programme run by the Western Australia Schools Canteen Association. More information on this programme is available from www.waschoolcanteens.org.au

Should you have any further enquiries regarding either of the above please contact Kim in the Canteen on 9531 9760 thank you.

What's on the menu for WA schools

The table below provides examples GREEN, AMBER AND RED foods under the new traffic light system for WA public schools. This is not the entire list of available foods.

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *School Health Policy* and *Anaphylaxis Advice Paper* before deciding whether or not to include nuts and nut spreads on the canteen menu.

Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned (eg bean mix, kidney beans), cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats, * fish (eg tuna, salmon, sardine and egg
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, vegemite, yeast spread and fish spreads *
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting criteria for registration such as curry and rice and pasta dishes
Snacks	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta water crackers, rice cakes, rice crackers, popcorn (plain/ low fat/ flavoured), dried fruit seed packs, trail mix based on breakfast cereals, registered snacks *
Drinks	Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
AMBER – Select carefully and limit	Examples
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as ovenable fish/chicken/ potato portions should be chosen because they are lower in fat/salt*
Snack foods bars	Registered products such as breakfast bars, cereal bars and fruit bars *
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar based on wholemeal flour) *
Ice creams, ice blocks, fruit based icepops, slushies	Registered ice-creams, milk based ice confectionary, frozen yoghurts and rice cream
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice creams	Chocolate coated and premium ice creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionary sprinkles
Cakes muffins, sweet pastries	Croissants, doughnuts, cream filled buns/ cakes, sweet pastries, slices

* Meets the criteria for Star Choice registration