



Policy for the Supply of Food and Drink at FTPSS

Intent

To offer food and drink choices to students at Fig Tree Pocket State School (FTPSS) guided by the directives and expectations presented in the 'Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools' which reflects the Australian Dietary Guidelines (2013) and The Australian Guide to Healthy Eating, and by our community's expectations.

Application

This strategy applies to all FTPSS employees, students, families and volunteers, along with its P&C Association (including trade shops, events and fund-raising committees). Supply includes those foods and drinks offered for sale to students.

The strategy **does not apply** to what foods or drinks students or staff **bring from home**.

School staff are strongly encouraged to assist with implementation of the strategy by modelling healthy eating practices to students.

Rationale

Fig Tree Pocket State School is committed to nurturing healthy eating habits within the school community consistent with Education Queensland guidelines. Healthy eating has a long lasting and positive impact on a child's learning, growth, development, health and wellbeing. It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. The school environment has a significant influence on children and their families. As a school and its wider community, we will aim to develop a positive attitude to healthy eating through the curriculum, food provision and links with families and the community.

Classifying of Foods/Drinks

'Smart Choices' is based on the Australian Guide to Healthy Eating and classifies food and drinks into three categories according to their nutritional value. These classifications are detailed in the Ready Reckoner of commonly supplied food and drinks (revised 2020) – Smart Choices: Health Food and Drink Supply Strategy for Queensland Schools: <https://education.qld.gov.au/students/student-health-safety-wellbeing/student-health/smart-choices/resources>

In summary, these classifications are:

GREEN - 'Have plenty' – Encourage and promote these foods and drinks in the school.

These foods and drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories)

AMBER - 'Select carefully' – Do not let these foods and drinks dominate choices and avoid large serve sizes.

These foods and drinks:

- have some nutritional value
- have moderate amounts of saturated fat and/or added sugar and/or salt
- can, in large serve sizes, contribute excess energy (kilojoules or calories)

RED - 'Occasional' – Limit the availability of these foods and drinks to no more than two occasions per term.

These foods and drinks:

- lack adequate nutritional value

- are high in saturated fat and/or sugar and/or salt
- can contribute excess energy (kilojoules or calories)

Procedures

Curriculum teaching and learning

- To integrate healthy eating/nutrition education into all year levels through the provision of learning opportunities as outlined in the Australian Curriculum
- Inclusion of learning activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Availability of fresh, clean tap water to students at all times and the encouragement of them to drink water regularly throughout the day, inclusive of the promotion of water bottles in classrooms
- Encouragement of students to eat in a supervised and appropriate social environment
- Liaison with parents an awareness of students who have specific dietary requirements and/or anaphylaxis conditions
- Seek to ensure appropriate language, communication and understanding to avoid stigmatising food

Staff to integrate healthy eating/nutrition concepts in all classrooms

- Ensuring that **RED** foods (e.g. lollies and confectionery), are not given to students as a reward for good work efforts or behaviour
- Discouraging the practice of sharing food from lunchboxes in classrooms or in the playground due to the heightened risk of allergic reactions to foods or anaphylaxis issues.

Special occasions: to encourage the association of healthy/ **GREEN** foods that may be provided with celebratory or special occasions (e.g. birthday celebrations)

- Encouraging all teachers to use non- food items as rewards
- Encouraging parents to consider Smart Choices guidelines when determining any food provided for children's birthday celebrations at school
- Asking parents to give a minimum of 24 hours notice to the class teacher if they are going to bring a food item in for their child to share with the class so that the event can be managed.
- Providing an option for parents at the beginning of the school year to advise the class teacher as to whether their child will participate in any celebratory food that is offered, or alternatively provide information on what they can and cannot participate in so teachers can reasonably manage parent expectation.
- Provision of food for birthday celebrations in the classroom will be reviewed at the end of each school year to enable implementation and communication of practices and any change for the beginning of the next year. Consultation on potential changes will be facilitated through the P&C and School staff will also review and provide input. Changes and standards adopted will be school wide to ensure that there is uniformity of requirements and practices across all classrooms.

Tuckshop - Lunch Orders

- The online service 'Flexischools' provides a tuckshop menu within the guidelines of the 'Smart Choices' strategy.
- The P&C seeks to provide a menu that is tasty and nutritious, delivering appropriate food and drink choices reflective of community expectations, including vegan, vegetarian and gluten-free options. The menu will be audited annually by Queensland Association of School Tuckshops Inc (QAST), aiming to achieve a rating of '5' (Smart Choices compliant – an outstanding menu eligible for Tuckshop of the Year nomination)
- The tuckshop is operated by the P&C and questions or proposals regarding changes to the tuckshop menu are to be addressed to the P&C and discussed at P&C meetings.

Outside School Hours Care (OSHC)

- The current OSHC provider is required to comply with the same guidelines stated for the tuckshop above.
- OSHC provider to identify no more than one **RED** occasion per vacation period, ensuring there is a **GREEN** alternative available.

Organisation of School and P&C Events / Activities

- All events where students are present (e.g. Discos and Fetes) will be guided by the following principles:
 - principles and practices which promote student health and wellbeing should be considered when designing an event
 - focus of the strategy is on foods and drinks supplied to students rather than the wider community
 - should take all opportunities to seek to eliminate the promotion and supply of **RED** foods and drinks
 - promote and model consistent messages about healthy eating practices
 - if the event is a community event (and not primarily a student event) where **RED** foods are offered, seek to ensure that a meaningful selection of healthy foods are made available as alternatives.
- Events which are focussed on parents and carers (e.g. Trivia Night) may provide food and drink consistent with general community standards and expectations as determined by the relevant organising committee.
- At the beginning of each year, completion of an annual events calendar, in collaboration with the school, P&C, Chaplain and Student Council, identifying no more than two **RED** occasions per term where students will be present. The following being exempt as per current Smart Choices guidelines:
 - School camps (the School will seek provision of healthy food choices by the service provider but acknowledges that the School cannot fully control the service).
 - Yr6 Graduation (this is a unique celebration attended by graduating students and their parents/carers and the type of food and drink offered will be managed by the organising committee in consultation with parents/carers of the graduating students).
 - Birthday celebrations (these will be managed as outlined above).
- When planning activities and events that may involve food and drinks, organisers will be required to ask the following questions and complete 'Smart Tool 3' application (see appendix):

1. Do we need to supply food and drinks at this event?

Could this event work just as well without food and drinks? Could we seek non-food product alternatives, e.g. if a fundraising drive, could we sell sunscreen, lunchboxes, toothbrushes, medical kits, tea towels, calendars, cookbooks, herbs and seeds?

2. If we are going to supply food and drinks, can we use items only in the **GREEN** or **AMBER** categories of Smart Choices?

*Incorporating food from only the **GREEN** and **AMBER** categories is a great way of supporting the healthy eating messages taught in the classrooms and continuing to promote the healthier food and drink options available at the tuckshop/canteen.*

3. If we decide to have an event with **RED** food or drinks, on how many occasions this term/year have we already done this?

*Before proceeding, ensure this event has been identified on the annual events calendar as one of the allocated two **RED** events for the term. The school will keep a record of all events where **RED** food and drinks are supplied so we **don't have more than two per term.***

In the event of a **RED** event, organisers must also include healthy (**GREEN** and **AMBER**) alternatives, from which parents and students can choose.

Healthy 'Nude' lunch boxes

- Encouraging healthy lunch box choices with regular suggestions in school newsletter / website
- FTPSS promotes the concept of 'Nude lunch' and encourages all students to bring a healthy lunchbox free of packaging to school for lunch and snacks. Nude food is environmentally sound in that it reduces the amount of packaged foods that students might bring to school and eat.

Evaluation

This strategy will be reviewed as part of the school's quadrennial review cycle. This strategy was last ratified by School Council on _____ .

