



Healthy Food and Drink Policy 2024

The Department of Education WA promotes School-based healthy food and drinks under the 'Traffic Light' system. Under this policy, KSESC has developed the Healthy Food and Drink policy (the policy) which reflects the 'Traffic Light' system.

The KSESC Healthy Food and Drink Policy is as follows:

The Traffic Light Food system

GREEN (Best choices)

Foods and drinks in the green category are the healthiest choices. They are usually:

- good sources of important nutrients
- lower in saturated fat, added sugar and/or salt
- lower in energy (kilojoules)
- higher in fibre.

Green foods and drinks should always be available, and they should be promoted as the best choices.

AMBER (Choose carefully)

Amber foods and drinks should be selected carefully and should only be eaten in moderation.

Although amber items may provide some good nutrients, they can:

- lead you to take in too much energy (kilojoules)
- contain saturated fat, added sugar and/or salt.

Amber foods and drinks may be offered but should not dominate. They should not be promoted over green choices.

RED (Limit)

Foods and drinks in the red category are not essential. If they are consumed too often, or in large amounts, they can lead to weight gain and chronic diseases.

In general, red choices are:

- high in energy (kilojoules)
- high in saturated fat, added sugar and/or salt
- low in important nutrients such as fibre.

Red foods and drinks should be consumed rarely and only in small amounts.

Educating our students

The school has adopted the Health Promoting Schools Framework, which includes the physical, social and emotional needs of the school community with all members working towards providing students with positive experiences and structures that promote and protect health. The policy includes guidelines to support students who have anaphylaxis to certain foods.

Prevention

To support positive health through nutrition the policy states that certain food and drinks are not allowed on the school site, or during excursions, without express permission from the Principal:

- 'Red' foods
- Nuts of all kinds, including coconut
- Energy drinks and similar
- Caffeine based drinks

Food, including sweets and lollies, will not be provided by the school without permission from parents. This includes when a student may forget their lunch, for birthdays, on reward days or excursions.

Lunches

Parents are asked that students bring 'green' or 'amber' choice foods to school. These options are also available through the school canteen.

Students are not to share food and drinks at school. Many of the students have allergies and we ask our school community to be mindful of this when choosing food and drinks to be consumed at school.

Special Events

Parents/carers are asked not to send food or drinks to school for special occasions, e.g. birthday cakes or lollies/sweets.

If parents wish to send in something for a special occasion, they are asked to contact their child's teacher, who will then seek consent from the parents/carers of other students.

Staff will not provide food to students without permission from:

- the school principal
- parents/carers

For questions about the KSESC Healthy Food and Drink policy, please contact the Principal.

WA school food and drink criteria FAQ

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WA School Food and Drink Criteria Evidence Factsheet

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