

Healthy Eating Policy

Purpose

The Williamstown Primary School community is committed to enabling children to develop their capacity for healthy growth and development and healthier futures. Our policy reflects The Department for Education Right Bite Food and Drink Supply Standards which meet the Australian Dietary Guidelines and the new Wellbeing SA nutrition classifications for schools.

The Right Bite Food and Drink Supply Standards

The revised standards use a traffic light system to classify food and drinks into 4 categories (See Appendix 1):

- **Green:** best options
 - Most food and drink options should be green category food and drinks – aim for 60%.
 - Offer and promote a variety of green category food and drinks.
 - Display green category options in a prominent position.
 - Water is the best drink option. Make sure that tap water is clean, safe, free, always available, and easy to access.

- **Amber:** choose carefully
 - Limit amber category food and drinks supplied at schools to up to 40%.
 - Offer smaller portions of amber food and drinks.

- **Red 1:** limit
 - Red 1 food and drinks should not be sold or provided to students, except for up to twice per term as part of whole-school celebrations or fundraising events.
 - Red 1 food and drinks should not be promoted or displayed.

- **Red 2:** should not be supplied.
 - Red 2 food and drinks should not be supplied, provided, or sold.
 - Red 2 food and drinks should not be promoted or displayed.

The revised standards recommend that 60% of food and drinks sold or supplied at schools should be from the green category and 40% from the amber category. We will be working towards achieving this goal.

When to apply the standards

The [Right Bite Food and Drink Supply Standards](#) should be applied to all food and drinks supplied or sold to students in the following settings:

- canteens onsite at primary and secondary schools
- food and drinks provided by an outsourced provider
- food and drink regularly supplied by a bakery, deli or take away outlet
- breakfast programs
- excursions and camps
- fundraising events and sports days
- classroom activities including celebrations
- rewards, incentives, gifts, prizes and giveaways
- out of school hours care (OSHC)
- vending machines.

The standards do not apply to:

- preschools
- food and drinks supplied in vocational education training (VET)
- food and drinks brought from home for personal consumption.

Birthdays and celebrations

Food is an important part of our culture and social celebrations. We will be applying the Right Bite Food and Drink Supply Standards to define the types of food and drink that can be supplied.

We ask that parent support our school in celebrating events with foods and drinks that everyone can enjoy by:

- providing healthier options, such as a fruit platter
- choosing an alternative to cake for birthdays, such as a lucky dip or other non-food item
- bringing in reduced portion size options, such as mini cupcakes or a cheese platter and crackers
- celebrating with songs, streamers, a birthday hat or in other ways
- understanding it's not essential to bring in gifts or food for the whole class.
- please do not supply lollies or lolly bags for birthdays or other celebrations.

Roles and Responsibilities

Williamstown Primary School will:

- Use effective learning programs for food and nutrition to help children to understand the interconnectedness of living systems and provide learning opportunities to teach students about food and nutrition.
- Model good eating habits and attitudes towards food and nutrition.
- Not use food within behaviour management programs ie as a reward for positive behaviour
- Support those children who may require priority and inclusive consideration in addressing healthy eating issues-especially those with food- related health support needs.
- Apply the guidelines to learning programs and environments for all school settings including canteens and other food services.
- Encourage learners at school to eat routinely at scheduled break times.

- Maintain a morning fruit, vegetable and water program in all classes.
- Promote understanding and valuing of the nutritional practices of different cultures.
- Ensure that the supply of food in schools and preschools is consistent with the Department for Education Right Bite Food and Drink Supply Standards.
- Provide information to families about the suitability of foods, through displays, newsletter items and articles.

Communication and review

- the policy has been developed in consultation with staff and the Governing Council
- the policy can be viewed on the school’s website or upon request at the front office
- the policy will be reviewed every two years with the review date of November 2025

Supporting information

For further information about Right Bite Food and Drink Supply Standards, please visit the website below

[Right Bite Food and Drink Supply Standards for South Australian schools \(education.sa.gov.au\)](https://education.sa.gov.au)

Policy Dates			
Implemented	Jan 2024	Next Review Date	Jan 2026
Ratified by Governing Council		4/12/23	

best options



Offer and promote a **variety** of **green** food and drinks

green foods and drinks should make up **60%** of options

choose carefully



Offer **smaller portions** of **amber** food and drinks

limit **amber** foods and drinks to **40%** of available options

limit to twice per term



red 1 foods and drinks should be limited to twice per term, for example as part of a whole of school celebration or fundraising event

should not be supplied



red 2 foods and drinks should not be supplied, provided or sold to students



The Wellbeing SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Wellbeing SA FoodChecker to assess products, recipes and menus.

www.wellbeingsa.sa.gov.au/foodenvironments