



North Ainslie Primary School

Healthy Food and Drink Guidelines

March 2015

Health is a resource for life. At North Ainslie Primary School, children can look to the future and be the best they can be when they develop the knowledge, confidence and skills to make nutritious and enjoyable food choices. We recognise that healthy attitudes to food provide a foundation for our children's physical, social and emotional wellbeing. We seek to provide examples of healthy food and opportunities for children to experience and value healthy and memorable food experiences that support positive life-long eating habits.

The NAPS Healthy Food and Drink Guidelines embeds the *ACT Public School Food and Drink Policy 2015* into our school setting. Throughout the Guidelines, we refer to healthy food and drink. In order for us to know what is healthy, we have adopted the traffic light system for classifying food and drink, which is described in the *ACT Public School Food and Drink Policy 2015* and associated fact sheets.

School Culture and Environment

North Ainslie Primary School is creating an environment where healthy choices are the easy options and food is a shared experience that supports the school community.

The school currently:

- supports a 'Fresh Foods' canteen that operates in accordance with the 'National Healthy School Canteen Guidelines' (NHSCG) for healthy foods and drinks supplied in school canteens. It offers freshly prepared foods and drinks, particularly vegetables and fruit.
- encourages all adults to act as role models for healthy eating and drinking in public spaces
- identifies opportunities to offer students easy access to vegetables and fruit, for example via the canteen and school garden, and
- promotes water as the drink of choice at school.

The school plans to:

- encourage a diversity of healthy food and drink options for class celebrations, such as birthdays and end-of-term parties and investigate other ways to celebrate that don't involve food
- encourage children, parents and staff to bring fresh foods and drink to school from home (e.g. for recess and lunch) such as by designating regular school-wide "Waste Free" days or by having a Healthy Eating Week in

term 1 each year

- investigate other ways to encourage and support social eating at lunch and recess
- ensure that other providers, such as Breakfast Club and Before and After School Care, are provided with the NAPS Healthy Food and Drink Guidelines
- implement the phasing out of sugary drinks in ACT public schools with the support of the ACT Education and Training Directorate. We believe in “Water First” and will discourage families from bringing any sugary drinks to school.
- ensure that ‘healthy food options are the easy food options’ at school events, and
- investigate other options to provide healthy eating and drinking curriculum opportunities for families, e.g. programs outside of traditional school hours such as “Back to Basics”.

Classroom and Curriculum

The classroom and curriculum are powerful spaces to foster children's knowledge, confidence and skills in relation to food and drink. Staff members are invaluable role models and provide a bridge between the family and the school.

In the classroom, we currently:

- run a curriculum that integrates healthy eating and living ‘units of inquiry’
- use the school canteen and produce garden (the HeHub) as a curriculum resource
- run Enrichment activities on healthy living, such as cooking skills, growing your own food, composting, etc.
- support senior students to take leadership in healthy eating and drinking, for example via the canteen committee
- recognise the need for adequate time to eat and allot sufficient eating time in class for lunch
- use water bottles in class and encourage regular drinking, and
- have a designated time of five minutes at the end of recess and lunch in which students can get a drink of water and/or refill their drink bottles at the water stations.

In the classroom we plan to:

- ensure that food and drinks are not used as rewards or incentives in the classroom
- ensure that any food provided in the classroom conveys messages consistent with the NAPS *Healthy Food and Drink Guidelines* and the *ACT Public School Food and Drink Policy*. Food from the GREEN category is encouraged, as are cooking and eating experiences that support positive life-long eating habits".
- use staff development opportunities to strengthen our knowledge on food and nutrition when possible and resources allow
- allocate one staff meeting in term 1 of each year to discuss ways to further support healthy eating and drinking in school
- investigate further healthy food and drink ideas and topics to include in the curriculum
- develop a more strategic approach to linking the HeHub and canteen into the curriculum, and
- include the NAPS Healthy Food and Drink Guidelines in the induction process for all new staff.

Family and Community

The school has a diverse community from many countries. We embrace the different cultures and value the wide range of food children bring to school. Children's homes are the basis of healthy food habits, and the community is valued for its role in promoting positive, healthy food experiences.

The community currently:

- runs a Healthy Eating Hub Garden and Canteen with regular opportunities for wider school community involvement, such as regular volunteering, working bees, produce stalls, and art in the garden
- communicates regularly with parents to encourage discussion and participation, for example by running a NAPS HEHUB Facebook Group and using the school newsletter and website to keep the community in touch with garden and cooking activities, and
- actively engages other families to contribute to an environment that supports healthy eating and drinking, and provides access to the thriving food cultures in the school community.

The community plans to:

- provide inspiration for healthier lunch box choices in a positive way, for example, by providing tips, recipes and suggestions in the form of a Healthy Eating Canteen recipe booklet, putting recipes on the school website and by translating the canteen menu where possible
- promote opportunities that celebrate cultural diversity and value communal eating, for example pizza nights around the wood-fired community oven and sit-down curry lunches
- offer ample healthy food and drink choices at every school and community event. An overall assessment of food choices at any event should comply with the principle of making healthy choices easy choices and meet ACT government policy requirements, and
- identify opportunities to work with the broader, local community to promote healthy eating within the school community and to families at home.

Further resources:

- *ACT Public School Food and Drink Policy 2015* and associated fact sheets: http://www.det.act.gov.au/teaching_and_learning/food-and-drink-guidelines
- National Healthy School Canteen Guidelines (2013):
[http://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF001DAB17/\\$File/Canteen%20guidelines.pdf](http://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF001DAB17/$File/Canteen%20guidelines.pdf)
- Good Habits for Life
<https://goodhabitsforlife.act.gov.au>

Appendix:

THE TRAFFIC LIGHT SYSTEM

The *National Healthy School Canteen Guidelines* use a traffic light system to categorise food and drinks according to their nutritional value and levels of energy, saturated fat, fibre, sugar and salt. The Traffic Light System is as follows:

GREEN food and drinks are the best choices. They should always be available, displayed in prominent areas, and actively promoted and encouraged. **GREEN** foods and drinks form the basis of a healthy diet. **GREEN** foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.

AMBER foods and drinks should be selected carefully. They should not dominate the food and drink choices displayed or promoted. **AMBER** foods and drinks contribute some valuable nutrients, but contain moderate amounts saturated fat, sugar and/or salt and may be low in fibre. **AMBER** food and drinks may contribute to excess intake of energy (kilojoules/calories) if consumed in large quantities.

RED foods and drinks should not be provided or sold in schools. **RED** foods and drinks are low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. **RED** foods and drinks may also provide excess energy (kilojoules/calories).

Adapted from the *National Healthy School Canteen Guidelines 2013*.

