
GUIDELINE TITLE: Turner Food and Drink Guidelines

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Rationale and context statement

These guidelines have been developed in alignment with the *ACT Public School Food and Drink Policy (2015)* to ensure that there is a consistent whole school approach to the provision and sale of healthy food and drink at Turner School.

Turner School is committed to supporting the health and wellbeing of students and staff by endorsing the use of healthy food and drink. The school encourages students to bring a range of healthy food options to school. Because of its context, the school works with families of students with specific dietary requirements, sensitivities and behaviours. These are articulated in an Individual Learning Plan and/or medical plan.

Related documents (Policy/policies to be read in conjunction with)

Legislation:

ACT Public School Food and Drink Policy 2015

Food Act 2001 (ACT)

Australia New Zealand Food Standards Code (Cth)

Fair Work Act 2009

Food Regulation 2002 (ACT)

Education and Care Services National Law (ACT) Act 2011

Children and Young People (ACT) Act 2008

Working with Vulnerable People (Background Checking) ACT) 2011

Supporting documents:

Australian Dietary Guidelines 2013

National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2013 (National Healthy School Canteen Guidelines)

ACT Public School Food and Drink Policy implementation support materials

ACT Government Towards Zero Growth Healthy Weight Action Plan

Guideline statement

1.0 Support of food intolerances and allergies

1.1 The school promotes awareness of food intolerances and allergies. This information is on the school website, in the school handbook and is communicated to the community each year.

1.2 The school supports the management of food intolerances and allergies through the use of emergency medical plans and risk assessment which are updated annually. The school works with parents/carers to safely implement these plans including the management of medical conditions associated with food intake such as anaphylaxis.

1.3 The school makes certain that staff members are up to date with appropriate training to ensure that medical conditions are managed appropriately.

2.0 Support of religious and cultural practices

2.1 Turner School is considerate of religious and cultural practices. The provision of a range of food alternatives at school events and activities is the normal practice.

3.0 Water Stations

3.1 Turner School encourages all students to have a water bottle at school and to regularly drink water both in class and on the playground.

3.2 The school provides access to water in classrooms and bubblers and water refill stations on the playgrounds.

4.0 Curriculum

4.1 Turner School utilises the *Australian Curriculum* and *Every Chance to Learn* - Health and Physical Education learning area to explicitly teach students to recognise, identify, plan and practise strategies to promote health, nutrition, safety and well-being.

4.2 Teachers actively make links with this learning through other learning areas such as History, Science, Geography and Technology as well as other school activities including gardening and cooking.

4.3 Food is not used as a reward or incentive at Turner School.

5.0 Turner School Kitchen Garden Program

5.1 The school's Kitchen Garden program actively promotes health and nutrition. The program includes gardening, cooking and safety as the key elements of learning.

5.2 Students within Turner School's small group classes have as a weekly part of their learning program and as Individual Learning Plans goals to support and promote 'healthy choices'. This learning is sequenced across years to build life skills.

5.3 The school ensures that the food cooked and prepared in the kitchen is compliant with the policy and adheres to the traffic light system of identifying healthy choices for food and drink (refer appendix 1)

6.0 Support of the *ACT Public School Food and Drink Policy* by staff

6.1 Staff members at Turner School are encouraged to support the policy by refraining from consuming *Red* category food items (i.e. foods that may contain excess energy and/or saturated fat and/or sugar and/or sodium) in view of students.

7.0 Friday Canteen

7.1 The Turner School Principal and Business Manager in consultation with the School Board oversees the operation of the Friday canteen that is run by Black Mountain School and ensures that the service complies with the relevant legislation and the ACT Public School Food and Drink Policy.

8.0 P&C events and fundraisers

8.1 Food and drinks sold at P&C fetes, fundraisers and school events will where possible follow the recommendations of the *ACT Public School Food and Drink Policy 2015*. The school supports the protocol that fundraisers will occur no more than twice per term and that healthy alternatives are encouraged.

8.2 The P&C and the school strives to ensure that safe food preparation and service practices are followed at school events.

9.0 Support of families

9.1 Turner School provides suggestions for families about promoting healthy choices and practices at home, including lunchbox ideas. This occurs in the Turner School Newsletter. The school does not encourage the inclusion of confectionary in school lunchboxes.

9.2 Students who require additional support with food and/or drink have this articulated in their Individual Learning Plan, eating plan or medical plan.

9.3 The school may, in some instances, facilitate the involvement of external agencies to assist parents/carers in managing dietary issues.

10.0 Midmorning Fruit/Vegetable Break

10.1 In the junior and small group classes students participate in a midmorning fruit break during class time. This break does not interrupt learning time but is incorporated into the morning lessons.

10.2 In the preschool the fruit break is a shared activity where fruit is prepared by an adult.

11.0 Exemptions supported by Turner School

11.1 In accordance with the policy, food and drink supplied from home is exempt and the school permits students to bring in shared food to celebrate his/her birthday. If there are food allergies or intolerances for particular students, their families may supply an alternative treat that is stored at school for these occasions.

The Food and Drink Traffic Light System

The Traffic Light System categorises foods as green, amber or red according to their value as nutritious choices in a diet.

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*.

Appendix 2

Support documents for schools and families may be found on the ACT Education and Training website.

Policy

- [ACT Public School Food and Drink Policy 2015](#) Word  (361kb) [ACT Public School Food and Drink Policy 2015](#) Pdf  (222kb)

Fact sheets

- [ACT Public School Food and Drink Policy 2015 fact sheet](#)
- [Amber food and drink items fact sheet](#)
- [Canteen Licences fact sheet](#)
- [Choose Tap Water fact sheet](#)
- [Food Labelling in Canteens fact sheet](#)
- [Fresh Tastes: Healthy food at school fact sheet](#)
- [Green food and drink items fact sheet](#)
- [Healthy Fundraising Options fact sheet](#)
- [Healthy Lunchboxes fact sheet](#)
- [Healthy Treats fact sheet](#)
- [Red food and drink items fact sheet](#)
- [Resources for Canteens fact sheet](#)
- [Resources for Families fact sheet](#)
- [Resources for Schools fact sheet](#)
- [Sugary Drinks are Phased Out fact sheet](#)
- [The Healthy Weight Initiative fact sheet](#)
- [The Traffic Light System in Schools fact sheet](#)