

POLICY

CANTEEN, NUTRITION AND HEALTHY EATING

Responsibility of: Teaching Learning and Inclusion

Effective Date: July 2013

Next Review Date: July 2015

Target Audience: Staff, Parents and Community

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This document should be read in conjunction with **Canteen, Nutrition and Healthy Eating** guidelines document.

1. POLICY

The Department of Education (DoE) is committed to ensuring that students in school settings have access to healthy foods and drinks and nutrition education, which will help inform students' decision making in the future.

To assist with the implementation food categories from the *Department of Health and Ageing's, National Healthy School Canteens, Guidelines for healthy foods and drinks supplied in school canteens* will be used. Foods and drinks have been classified according to the amount of nutrients they provide and are based on the Australian Guide to Healthy Eating.

Green	ALWAYS ON THE MENU	These foods and drinks are the best choices for a healthy school canteen. A large variety of these foods and drinks must be available every day and be the main choices on the menu. They contain a wide range of nutrients and are generally low in saturated fat and/or sugar and/or sodium (salt).
Amber	SELECT CAREFULLY	<p>These foods and drinks contain some valuable nutrients, moderate amounts of saturated fat and/or sugar and/or sodium (salt) and if eaten regularly or in large amounts, may contribute to excess energy (kilojoules) being consumed.</p> <p>These foods and drinks must be assessed carefully against the Nutrient Criteria Tables to ensure that:</p> <ul style="list-style-type: none"> • The healthiest choices from this category are selected • These foods and drinks must not dominate the menu • The serve size must be small.
Red	NOT ON THE MENU	These foods and drinks must not to be sold or provided in schools, unless part of a special whole school event. These foods and drinks may contain excess energy (kilojoules) and/or saturated fat and/or sodium (salt) and/or sugar and are low in nutritional value.

School canteens, vending machines, nutrition education, fundraising, excursions, school sport events, school nutrition, breakfast and afterschool programs involving food and drinks must comply with the food and drink categories. Food or drinks are not to be used as a classroom reward.

2. BUSINESS NEED

The 2007 Australian National Children's Nutrition and Physical Activity Survey reported that 23% of children were overweight or obese. ⁱ Dietary choices that contribute to overweight and obesity can also result, when combined with poor oral hygiene, in increased dental disease. The rate of dental decay in young children in the NT is amongst the highest of any State or Territory. ⁱⁱ

This policy has been developed to ensure all students have access to healthy foods and drinks and that there is a consistent approach to the availability and sale of food and drinks in Northern Territory government schools.

3. SCOPE

The Guidelines for healthy food and drinks applies to all Northern Territory government schools, with the following exemptions:

- Food/drinks supplied from home, including birthday cakes
- Special whole school events e.g. school fete, international celebration or disco
- Middle School *Home Economics*
- Senior School *Food and Hospitality*
- Vocational Education and Training (VET) *Hospitality Courses*
- Senior School **only** campuses (yrs. 10-12), in consultation with their School Councils, students, canteens and staff determine whether to comply with the policy in their respective school setting
- Staff only vending machines/fridges, however school staff are encouraged to support the policy by not consuming **RED** - NOT ON THE MENU category products in front of students.

4. DEFINITIONS

School canteen is the facility that provides food to students and staff. This includes traditional school canteens in urban settings, rural and remote provision of breakfast, snacks, lunches, and private providers supplying food and drink to school students.

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. ⁱⁱⁱ

Nutrition Education is the Northern Territory Curriculum Framework outcomes which support the development of students' knowledge, skills, values and attitudes contributing to healthy food choices and health enhancing behaviours.

Fundraising is an activity that staff, students or the school community co-ordinate inside or outside school hours to raise funds for the school.

Excursion is an educational/sporting/cultural trip by students inside or outside the Northern Territory, under the direction of teachers and authorised by DECS, including camps.

School Sport Event is any sporting event that staff, School Sport Coordinators, School Sport NT or the school community co-ordinate inside or outside school hours.

School Nutrition and Breakfast Programs are breakfast and/or lunch services for school-aged children which aim to support better school attendance and to help with learning and engagement in education.

Afterschool Programs are programs provided for school-aged children after school which are coordinated by the school or operated by outside providers on school grounds.

Classroom Rewards are incentives provided to whole classes or individual students as a form of positive reinforcement.

5. RELATED POLICY, LEGISLATION AND DOCUMENTS

A range of resources to support schools to implement the policy include:

- National Healthy School Canteens, Guidelines for healthy foods and drinks supplied in school canteens
- Power Point Presentation: Canteen, Nutrition and Healthy Eating Policy 2013
- Frequently Asked Questions
- Newsletter Inserts
- Creating a Healthier Menu
- Recipe Checklist
- Healthy Alternatives to Sausage Sizzles
- Ideas for Fundraising
- Healthy Food Based Fundraising
- Sporting Events and Fundraising Ideas
- School Camp Ideas and BBQ Catering
- Tips for Parents

The supporting resources are publicly available through the DoE website:

<http://www.education.nt.gov.au/about-us/policies/documents/schools/canteen-policy>

6. EVALUATION

The policy will be evaluated prior to review date.

7. ACKNOWLEDGEMENTS

ⁱ Commonwealth Scientific Industrial Research Organisation (CSIRO), Preventative Health National Research Flagship, University of South Australia. 2007 Australian National Children's Nutrition and Physical Activity Survey. Available at <http://www.health.gov.au/nutritionmonitoring> , Australian Government and the Australian Food and Grocery Council.

ⁱⁱ Bailie, R. (2007), Feasibility and costs of water fluoridation in remote Aboriginal communities. Research and Policy Brief. Menzies School of Health Research.

ⁱⁱⁱ Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States (Official Records of the World Health Organization, no. 2, p. 100) and entered into force on 7 April 1948.

Food and Drink Categories and Nutrient Criteria Tables reflect the National Healthy School Canteen Guidelines and supporting materials

<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>