
POLICY NO:	RPC001
POLICY:	Healthy Food & Drink Policy
ORIGINAL POLICY:	February 2020
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REVIEW DATE:	February 2023

1. INTRODUCTION AND PURPOSE

This document sets out the Rosalie P&C policy and guidelines on healthy food and drink at Rosalie P&C events.

The policy is designed to provide a clear framework to work within when considering what food and drink should be made available at Rosalie P&C events.

With reference to the World Health Organization's Health Promoting Schools Framework, Rosalie P&C acknowledges that it has a key role to play in being a supportive partner of Rosalie Primary School, and provide a safe and supportive environment for the children and broader community of Rosalie Primary School.



Figure 1: WHO Health Promoting Schools Framework

(<https://www.who.int/publications-detail/global-standards-for-health-promoting-schools>)

2. SCOPE

This policy only applies to Rosalie P&C events that are attended by and where the focus is students.

3. RATIONALE

Consistent with the WA Department of Education Healthy Food and Drink guidelines, Rosalie P&C advocates that all members of the school community have an important role in creating a supportive culture where eating and drinking healthy food and drink is valued and encouraged, and supports the school to comply with the WA Education Department's Healthy Food and Drink policy.

In developing this policy statement the P&C is mindful of the multiple purposes of P&C events and balancing these.

This policy aims to:

- Promote positive messaging around healthy eating
- Be consistent with standard messaging from the school
- Guide providing a range of food options at P&C Events, enabling choice
- Balancing healthy vs special event treats
- Balancing health and well-being vs fundraising
- Offering sustainable food and fundraising choices

4. FOOD & DRINK RECOMMENDATIONS FOR P&C EVENTS

The WA School Canteen Association provides guidelines to schools and P&Cs for the provision of food and drink at school-related activities and events.

The WA School Canteen Association, in conjunction with the Departments of Education & Health recommends a whole of school approach to healthy eating (consistent with the Health Promotion Schools Framework), and encourages P&Cs to use healthy fundraising initiatives and offer a variety of healthy food and drink choices at events.

Consistent with this, the Rosalie P&C will:

1. Offer a variety of healthy (green and amber only) food and drink choices at events (Refer to Appendix B for ideas)
2. Provide healthy and sustainable fundraising items at P&C events (Refer to Rosalie P&C Policy 002 – Fundraising Policy)
3. Encourage parents to consider providing healthy options at P&C events and fundraising activities (Refer to Appendix A)

5. FOOD SAFETY & ALLERGY AWARENESS

5.1 Safe food practices

- Use of safe food practices is vital at all P&C events
- See Food Safety and Allergy Awareness Policy 003

5.2 Cross Contamination

- If allergen-free food is being provided every care must be taken to avoid cross contamination
- See Food Safety and Allergy Awareness Policy 003

5.3 Reducing the risk of food related allergic reactions

- Promoting an allergy aware environment allows P&C events to be inclusive
- See Food Safety and Allergy Awareness Policy 003

6. ALCOHOL

The WA Department of Education 'Alcohol and Other Drugs in the workplace policy' states that:

"Principals must grant permission, in accordance with the Alcohol on Public School Premises Procedures, for functions to be held on school premises at which alcohol is to be supplied or sold."

There are a number of criteria in the policy that will inform the Principal's decision making regarding granting of permission.

Rosalie P&C also acknowledges and respects that every family has different values and practices around alcohol consumption, and alcohol consumption in the presence of children.

With the above statements in mind, the Rosalie P&C:

- As part of its risk management procedures, will always seek permission from the Principal to enable alcohol to be consumed at P&C events
- Will review on an event by event basis whether it is appropriate for alcohol to be consumed at a given event, and therefore permission to be sort
- Will actively encourage responsible and respectful consumption of alcohol at P&C events

7. OTHER ROSALIE P&C EVENTS

Whilst the scope of this policy is on student-based P&C events, the P&C will actively promote that healthy and allergy aware options by considered at all events associated with the P&C, including, but not limited to Parents Social Events, Cake Stalls (Refer to Appendix A).

8. POLICY ALIGNMENT

This policy is based on and consistent with policies and recommendations from the following:

8.1 Other Rosalie P&C Policies

RPC002 Fundraising Policy
Rosalie P&C Event Guides

8.2 WA Government Policies

(incl. Department of Education [DoE] & Department of Health [DoH])

DoE Healthy food and drink policy (weblink)
DoE Alcohol and other drugs in the workplace (weblink)
DoE Alcohol on public school premises procedures (weblink)

8.3 Other relevant policies, guidelines and recommendations

WHO Health Promoting Schools Framework
WA Health Promoting Schools Association
WA School Canteens Association
WA School Canteens Traffic Light Guide

APPENDICIES

Appendix A – Email insert for P&C Events where parents provide food

APPENDIX B – Tips for promoting healthy choices

APPENDIX C – Healthy tips for BBQs and sausage sizzles

APPENDIX D – Hosting healthy breakfast events

APPENDIX E - Healthier Suppliers

APPENDIX A: EMAIL INSERTS

Communications

Email insert for parents providing food to P&C events

“Thank you for helping out. We appreciate you providing baked goods for **XXXX**. Just a few reminders about food preparation for events, please;

- provide all goods in sealed containers (i.e. plastic container with lid, individual bags, a tray/platter with glad wrap covering, or consider a recycled container with a proper lid or covering)
- include labels with the baked food (handwritten labels are fine)
- a description of the food (i.e. blueberry muffins or gingerbread biscuit)
- a list of ingredients
- use common sense hygiene, e.g. wash hands prior to cooking, tie back long hair

Healthy options

Healthy options are always welcome at P&C fundraising events. Our school community is committed in supporting Rosalie to promote healthier food and drink choices. Here are some great websites with fun and healthy recipes;

<https://wellnourished.com.au/category/recipes/>

<https://www.wholesomechild.com/show-recipes/>

<http://www.beetrootinmycake.com.au/beetroot-in-my-cake-recipes.html>

<https://theprettybee.com/>

Allergy Aware

Rosalie is a nut aware school, please ensure there are no nuts or nut products in baking, this includes nut flours/meal, Nutella, peanut butter.

Allergy friendly products are welcome. Please only label products as allergy-free if you can be sure they do not contain that allergen and have not come into contact with the allergen during preparation.

Follow the link for a handy fact sheet on cross contamination
<https://www.foodallergy.org/resources/avoiding-cross-contact>”

APPENDIX B – Tips for promoting healthy choices

Ideas to promote healthy options:

1. **LOOKS GOOD, TASTES GOOD** – Ensure your healthy items taste great by using fresh, quality ingredients. The old saying ‘we eat with our eyes’ is very true, and items that look good will be more popular.
2. **REDUCE COMPETING ITEMS** – Have mostly green foods with some amber and limited red foods, that way the healthy choice is the easy choice.
3. **PRE-ORDERS AND MEAL DEALS** – Not only are pre-orders and meal deals great ways to control the supply of healthy options on an event day, but they also streamline ingredient ordering and the food production process. This method also allows the opportunity to promote these healthy items heavily before the event.
4. **USE CATCHY NAMES** – Use enticing words such as ‘fresh’, ‘hot’, ‘sizzling’, ‘tasty’, ‘ice cold’ and ‘yummy’ when listing your menu items or promoting them. Why not try naming some menu items or meal deals after the theme for your event?
5. **PROMOTION** – Promote your healthy food options in the school newsletter or on the school website in the lead-up to the event day.
6. **PRODUCT PLACEMENT** – Keep the healthy items in fridges, display cabinets and on the counter top at eye level and prominently displayed. If there are less healthy options on your menu, place these out of sight or in less obvious positions such as the bottom shelf of the fridge or behind healthier options so that customers can’t see them. This helps to make the healthy choice the easy choice.



APPENDIX C – Healthy tips for BBQs and sausage sizzles

Barbecues and sausage sizzles are commonplace at Rosalie P&C events. Below are some tips for making our BBQs healthier yet still delicious and successful. Also see the fact sheet below for more information

<https://www.waschoolcanteens.org.au/wp-content/uploads/2019/12/Sausage-sizzle-fact-sheet-3.pdf>

Bread/rolls

- Serve wholemeal/wholegrain bread, rolls or wraps, or use high fibre white bread.

Top Tip - We have previously sourced delicious wholemeal and high fibre white rolls from Bakers Delight

Bakers Delight

Wholemeal or high fibre white hot dog rolls for custom order, 90c each, 15-20% discount for cash order

BBQ Corn

- Consider offering BBQ corn cobs, these are a great addition to any fundraiser
- They are easy to prepare, delicious and most of us love corn
- Corn was a hot ticket item at the November KPP Campout 2020, highly recommended as a BBQ option

Top Tip

Green Grocer Shenton Park often give us discounts or donations of fruit and veg, consider asking them for a corn donation.

Meat

- Consider other meat options such as lean meats like chicken strips/kebabs, homemade beef patties with lean mince.
- If using pre-prepared patties or reduced fat/reduced salt sausages, be sure to check against the RED food criteria for hot food.

Top Tip

You can make a simple burger pattie using mince with a pinch of salt and pepper and shape into patties, these can be frozen ahead of time. The local butcher may also be able to prepare these.

Meat Options

Meat Safe – Subiaco

Burgers \$15.99/kg, 20% fat content, lower in salt than sausages and preservative free
Sausages \$15.99/kg, 20% fat content, lower salt options discount for large order
Lower costs, not as healthy (much lower than industry standard of 35% fat/sausage)

Naked Butcher – Mundaring (delivery available)

Sausages – \$19.95/kg healthiest option, Low fat 15%, low salt and preservative free
Burgers – same as sausages
Higher cost – healthiest option



Oils

- Limit the amount of oil you use. If you need it, use olive oil, canola oil or rice bran oil spray.

Salads

- Offering salad fillings adds to the healthy options available
- Try lettuce, tomato, carrot, beetroot, cucumber or pineapple.
- Consider delicious salads such as coleslaw or vegetables salsa

Top Tip

Coles will often give us a \$100 voucher for fundraising events. You can use this to buy salads and veggies, there are plenty of pre-cut and grated veggie packs to easily make salads.

Recipe ideas

<https://www.tasteofhome.com/recipes/garden-veg-salsa/>

<https://cookieandkate.com/simple-healthy-coleslaw-recipe/>

Vegetables

- Kids generally love corn and it is delicious cooked on the BBQ and super easy. Consider offering grilled corn cobs on the menu
- Other delicious grilled veggie options include - capsicum, mushrooms, zucchini and eggplant.

Cheese

- Serve reduced fat cheese.

Spreads

- Options such as avocado, avocado or light cream cheese are good options. Avoid using butter and margarine.

Sauces

- Use salt reduced tomato and barbecue sauces, chutneys, mustards or other toppings.

Drinks

- Water is the best option
- Soft drinks are not to be served at P&C events



Appendix D – Hosting healthy breakfast events

There may be occasions throughout the year when the P&C supplies breakfast to students. Breakfast events can be used to celebrate a special day or prepare for an important occasion.

Breakfast plays an important role in learning and concentration during the school day. These events also create an opportunity for schools to promote the importance of breakfast and other healthy eating messages. Ideally try and source healthy green and amber options for breakfasts.

Examples of breakfast events

- ANZAC Day breakfast
- School Clean Up Day
- Walk Safely to School Day

Breakfast meal combinations

Here are some suggested breakfast meal combinations that could be provided to students at a school breakfast event.

They have been designed to: reduce the number of menu options to streamline feeding large numbers of students at one time contain a lean protein source, a carbohydrate source, a reduced fat dairy source and either a fruit or vegetable serve (or both) include options that allow for preparation in advance.

- Hot Cross Bun
- Yoghurt, e.g. Tamar Valley Yoghurt
- Piece of whole fruit

- Healthy muffin – low sugar and wholemeal
- Fruit Salad
- Yoghurt, sugar free

- Wholemeal vegemite scroll – mini ones from bakers delight
- Yoghurt
- Piece of fruit

- Muesli Cups
- Yoghurt
- Fruit

- Bircher Muesli Cups
- Mini vegemite scroll
- Fruit

Suppliers

Bakers delight

- Can provide mini wholemeal vegemite scrolls 4 rolls for \$7

Pearth Organic Kitchen

- Healthier breakfast (higher fibre, low sugar) options including muffins, mini muffins, raw balls and chia cups
- See menu and prices here, large order but need notice



called and will discount for a as a small business. When

making special orders can be extra careful not to prepare near nuts.
<https://www.pearthorganickitchen.com.au/catering>

Health Freak Café

Gluten free and sugar free café

Cheaper yoghurt pot and chia pot options

<https://www-healthfreakcafe-com-au.exactdn.com/wp-content/uploads/2018/08/CATERING-MENU-SEPTEMBER-2017.pdf>

APPENDIX E - Healthier Suppliers

Naked Butcher - Mundaring (delivers)
Healthier meat products

Meat Safe – Subiaco
Healthy-ish meat products (better than supermarket)

Green Grocer – Shenton Park
Fresh fruits and vegetables

Bakers delight – Subiaco and Nedlands
Can custom make wholemeal and hi-fibre products

Zushi Bento – Floreat Forum
Platters of 80 pieces of sushi for \$35
Can make customer order and brown rice

Pearth Organic Kitchen - Wembley
Healthier catering options – muffins, raw bliss balls etc
Will provide discount for large orders

Health Freak Café – Scarborough
Healthier catering options

Note: Please add to this section when a new supplier is found or notes on tried and tested suppliers