



Canteen

St Joseph's Primary School supports healthy lifestyle choices. The canteen makes food choices using the Star Choice Buyer's Guide produced by the Western Australian School Canteen Association, and is guided by the 'Traffic Light' System recommended in the DET Healthy Food and Drink Policy³. In this system, Food and drinks have been rated on how good they are for you, setting the standard for all food and drink sold in public school canteens/food services. The standards make it clear what food can and cannot be sold in school canteens/food services.

The policy sets out whether a food/drink should be eaten most of the time, some of the time or only eaten outside of school with parents' approval. To make this clear foods/drinks are categorised as GREEN, AMBER or RED.

GREEN foods and drinks

These foods/drinks are encouraged and promoted for sale at St Joseph's Primary School.

In general these foods/drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules).

Examples include (but are not limited to):

Fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fish and chicken, eggs, plain water and 100% fruit juice in small sizes.

AMBER foods and drinks

Canteen/food service menus should not be dominated by these foods and drinks. They should be limited and chosen carefully. Large serving sizes should not be used.

Examples include (but are not limited to):

Refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks.

Food and drinks that have not been registered in the Star Choice Buyers' Guide may be used if they meet the minimum nutrient criteria for registration.

RED foods and drinks

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they:

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoule)
- can contribute to tooth decay and erosion.

Examples include (but are not limited to):

Soft drinks, confectionary, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration.

St Joseph's Canteen menu is 95% GREEN. As part of the 'Traffic Light' system, all items on the menu must leave the canteen as stated. Therefore we are unable to OMIT ingredients from the advertised menu items, unless the student produces a certificate from their Medical Doctor stating they have an allergy to a specific ingredient.

All RED food and drink as well as nuts and savoury nut spreads have been taken off the canteen menu.

Gluten free chips and low fat diary products have been selected in lieu of similar products on the market.

Food and Treats allowed in the classrooms at St Joseph's Primary School

(source: Survey of classroom policies 2009)

Food Item	Occasion
Icy- poles	sometimes on a very hot day
Cakes	children bring on their birthday
Pop-corn	on special days such as St Joseph's day (pl varieties)
Lollies	that children may bring to share on their birthda as a 'Super Star' award (very rarely)
Chips, lollies, cakes, soft-drink, party food	End-year class parties (once per year)
Hot dog, Sausage sizzle	fund-raising activities (annually)