

# POLICY

## CANTEEN, NUTRITION AND HEALTHY EATING POLICY

Responsibility of: Student Services  
Effective Date: April 2009  
Next Review Date: April 2010

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### 1 POLICY

This policy:

- Identifies the categories of food and drink items (p.2) that will/not be available or sold through school canteen and vending machines in Northern Territory (NT) government schools
- Promotes nutrition education through the Northern Territory Curriculum Framework
- Provides guidelines for classroom rewards, healthy fundraising and school activities.

### 2 BUSINESS NEED

The policy ensures that a consistent approach is applied to the availability and sale of food and drinks in NT government schools.

The policy has been written in response to increasing levels of overweight and obesity in children and young people. Research shows that over a 10 year period, the prevalence of overweight in children aged 7-15 years has increased almost twofold, while that of obesity has more than tripled.<sup>i</sup> Consistent with national data, almost one quarter of all NT children are overweight or obese (24.1% boys, 21.1% girls).<sup>ii</sup>

Childhood obesity contributes substantially to illness in childhood.<sup>iii</sup> Short term consequences include psychological or psychiatric problems and adverse effects on the cardiovascular system similar to those well known in adults. Long term consequences of childhood obesity include adverse effects on psychosocial and economic outcomes in young adulthood and the persistence of obesity into adulthood. This in turn may translate into cardiovascular morbidity and mortality, and increased rates of diabetes, cancers, osteoarthritis, kidney disease, respiratory and musculoskeletal problems.<sup>iv v</sup>

Dietary choices that contribute to overweight and obesity can also result, when combined with poor oral hygiene, to increased dental disease. The rate of dental decay in young children in the NT is amongst the highest of any State or Territory. Amongst Indigenous 5 year-olds in the NT, the prevalence of dental decay is about 70%. For remote Indigenous children, there is two to five times more tooth decay than amongst their non-Indigenous counterparts.<sup>vi</sup>

All States and Territories are involved in the National Healthy School Canteen Project being developed under the Australian Better Health Initiative which is a component of the Council of Australian Governments (COAG) National Reform Agenda. The National Healthy School Canteen Project will ensure consistency in the classification and availability of food in school canteens across Australia and is expected to be instigated in 2010. The NT Canteen, Nutrition and Healthy Eating policy will be reviewed in 2010 in order to align with the National Healthy School Canteen Project agenda and expectations.

### FOOD AND DRINK CATEGORIES TABLE

<p><b>1. Foods/Drinks that <i>will be available every day</i></b></p> <ul style="list-style-type: none"> <li>• Fruit - fresh, frozen or tinned (in natural juice)</li> <li>• Vegetables/salad (any type)<sup>+</sup></li> <li>• Reduced fat dairy foods e.g. yoghurt and plain milk (≤375ml)</li> <li>• Sandwiches consisting of the following:             <ul style="list-style-type: none"> <li>○ Wholemeal, wholegrain or high fibre bread or bread roll, wrap, pita or English muffin PLUS</li> <li>○ Lean meat, chicken, egg, fish (canned or fresh) or cheese PLUS</li> <li>○ Salad ingredients such as tomato, carrot, lettuce, spinach, corn, sprouts, avocado, beetroot</li> </ul> </li> </ul>
<p><b>2. Foods/Drinks that <i>can be available every day</i></b></p> <ul style="list-style-type: none"> <li>• Bottled water</li> <li>• 99% fruit juice (≤250ml) or 100% fruit spread</li> <li>• Reduced fat flavoured milk (≤375ml)</li> <li>• Cheese, yeast extract or peanut based spreads<sup>^</sup></li> <li>• Hard boiled eggs</li> <li>• School Approved* or Tick approved<sup>∞</sup> breakfast cereals</li> <li>• Savoury and fruit breads, scones (no icing)<sup>+</sup></li> <li>• Dried fruit (not processed straps), maximum serve 30g</li> <li>• Homemade dishes e.g. rice, pasta, soups or stews with lean meat, chicken or fish and vegetables<sup>#</sup></li> <li>• Beans, legumes and lentils</li> <li>• Other sandwiches<sup>+</sup></li> <li>• Pop corn with no added salt, fat or sugar</li> <li>• Unroasted, unsalted nuts<sup>^</sup></li> </ul>
<p><b>3. One day a week must be free of all of the food/drinks listed below:</b></p> <ul style="list-style-type: none"> <li>• Full fat milk and yoghurt (≤375ml)</li> <li>• 99% fruit juice (≤400ml)</li> <li>• Home made cakes, biscuits, bars, muffins, pancakes and snack foods that are reduced fat and reduced sugar<sup>+#</sup></li> <li>• School Approved* dairy desserts and frozen treats e.g. frozen yoghurt, ice creams, slushees and icy poles</li> <li>• School Approved* or Tick approved<sup>∞</sup> pastry items (e.g. pies)</li> <li>• School Approved* Heart Smart or Tick approved hot dogs, sausages and patties</li> <li>• School Approved* or Tick approved cakes, biscuits, bars, muffins and snack foods</li> <li>• School Approved* mineral waters</li> <li>• School Approved* pre-packaged, cooked hot meals e.g. pasta, pizza, lasagne dishes</li> <li>• School Approved* savoury snack foods</li> <li>• Any other School Approved* foods</li> </ul>
<p><b>4. Foods/Drinks that <i>will not be available at all</i></b></p> <ul style="list-style-type: none"> <li>• Confectionery including chocolate, carob, cough lollies</li> <li>• Soft drinks (including diet), flavoured mineral water, cordial, sports drinks and fruit juice drink</li> <li>• Energy-high caffeine drinks (e.g. drinks containing guarana)</li> <li>• Deep fried foods of any description e.g. spring rolls, dim sims etc</li> <li>• Deli meat e.g. fritz, salami, devon</li> <li>• Cup style noodles and full fat 2-minute noodles (unless School Approved*)</li> <li>• High sugar spreads e.g. jam, honey, hazelnut spread</li> <li>• Foods such as pastry items, hot dogs, sausages and pre-packaged, cooked hot meals (unless School Approved*)</li> <li>• Cakes, biscuits, bars, muffins and snack foods (sweet/savoury) (unless School Approved*)</li> <li>• Ice creams and icy poles (unless School Approved*)</li> </ul>

\* School Approved products are those that are registered by Federation of Canteens in Schools (FOCiS), Healthy Kids, Queensland Association of School Tuckshops (QAST), or Star Choice Registration boards, or awarded a Heart Foundation Tick.

<sup>∞</sup> Tick approved are food and drinks which meet nutrition and labeling standards as set by the Heart Foundation.

<sup>+</sup> Use small amounts of Tick approved spreads or reduced fat dressings when serving.

<sup>#</sup> Use only small amounts of poly- or mono-unsaturated oils in cooking.

<sup>^</sup> Please refer to the school's own policy on provision of nuts to students.

#### EXEMPTIONS FROM POLICY:

- **Senior School *Food and Hospitality***
- **Vocational Education and Training (VET) *Hospitality Courses***
- **Food/drinks supplied from home, including birthday cakes**
- **One whole school event per term e.g. school fete, international celebration or disco.**

Please note schools currently outsourcing the canteen to a private provider will not have to comply with the policy until the exchange of a new contract with the private provider.

### 3 RESPONSIBILITIES

It is the **Principal's** responsibility to ensure that:

- All members of the school community, including the school council are made aware of and are familiar with this policy
- The Canteen Manager abides by the policy
- Parents are provided with a canteen policy update through the school newsletter/website once per term
- Nutrition Education is taught to primary and middle school students as part of the Northern Territory Curriculum Framework (NTCF) through the Health and Physical Education learning area
- Canteen Managers participate in at least one Canteen, Nutrition and Healthy Eating policy related training session per year
- Student centered fundraising activities are consistent with the policy
- All catering and food supply contracted through the school comply with the policy.

It is the **School Council's** responsibility to ensure that all catering and food supply contracted through the school comply with the policy.

It is the **Canteen Manager's** responsibility to ensure that:

- S/he participates in at least one Canteen, Nutrition and Healthy Eating policy related training session per year
- All canteen staff and volunteers adhere to the policy.

It is the **Classroom Teacher's** responsibility to ensure that:

- Nutrition Education is taught to primary and middle school students as part of the NTCF through the Health and Physical Education learning area
- All education related activities involving food comply with the policy, including camps/excursions
- Food is not used as a reward in the school setting.

It is **Health Promoting School (HPS)**, Student Services DET, responsibility to ensure that:

- Relevant Professional Learning is provided to canteen and school staff.

### 4 DEFINITIONS

#### **School canteen**

The 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.

#### **Classroom rewards**

Classroom rewards are incentives provided to whole classes or individual students for improved/good behaviour or academic achievement.

### **Fundraising**

An activity that staff, students or the school community co-ordinates inside or outside school hours to raise funds for the school.

### **Nutrition Education**

NTCF outcomes that support the development of students' knowledge, skills, values and attitudes contributing to healthy food choices and health enhancing behaviours.

### **Health**

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.<sup>vii</sup>

### **Food/Drinks that will be available everyday**

These are the items that **MUST** be available for sale at the school canteen every day that it is in operation.

### **Food/Drinks that can be available everyday**

These are the items that the canteen can sell freely. These food and drink items do not have to be available but if chosen can be sold everyday.

### **One day a week must be free of all of the items listed below**

These are the items that can only be available on 4 days per school week. There must be one day where **none** of these items are available.

### **Foods that will not be available at all**

These foods will not be available in any canteen or be made available to school students by the school.

### **School Approved**

This includes food and drink products that have been registered and approved by ANY school canteen association product registration list in Australia. This includes Federation of Canteens in Schools (FOCiS), Healthy Kids, Association of School Tuckshops (QAST), and Star Choice product registrations. It also includes foods that have been awarded the Heart Foundation *Tick*.

## **5 RELATED POLICIES**

- Tummy Rumbles – guidelines for remote area canteens, 2005
- School Canteen Guidelines, NT 2006

## **6 REFERENCE DOCUMENTS**

- Federation of Canteens in Schools (FOCiS) National Products Registration List <http://www.focis.com.au/rpl/index.php>
- Healthy Kids Products (2007) - NSW School Canteen Buyers Guide [www.schoolcanteens.org.au/buyersguide](http://www.schoolcanteens.org.au/buyersguide)
- Queensland Association of School Tuckshops (QAST), Queensland Canteen Trade Directory (2008). <http://www.qast.org.au//Products/tabid/55/Default.aspx>
- Solutions for Healthy School Canteen Menus Buyers Guide – Star Choice registered Products, WA Canteen Association, (2007) <http://www.waschoolcanteens.org.au/pages/starchoice/02-starchoice.php>
- Heart Foundation Tick Approved foods- see the Heart Foundation website for lists of registered products and shopping lists [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

## 7 COMMUNICATIONS STRATEGY

This policy will be made publicly available through the DET website: <http://www.det.nt.gov.au/about-us/policies>. Principals will be notified about the policy via the Principal's Weekly Update.

## 8 REVIEW

This policy will be reviewed in March/April 2010 by the Education Officer Health, in consultation with the Manager Health Promoting Schools, Student Services Division DET, and Nutrition and Physical Activity Program personnel in the Department of Health and Families.

## 9 GUIDELINES/PROCEDURES

### **Vending machines**

Contents of all vending machines available to students on the school premises should comply with the Canteen, Nutrition and Healthy Eating policy. This does not apply to staff only vending machines/fridges. However staff are encouraged to support the policy by not consuming banned products in front of students.

### **Fundraising**

Schools should take the time to consider all of the fundraising activities undertaken during the year and take steps to ensure they align with the policy. The School Council in conjunction with the school leadership team will determine the fundraising activities for the school in accordance with the intent of the policy.

One whole school event per term does not have to align with the policy e.g. school fete, international celebration or disco.

### **Food Rewards**

It is not uncommon for children to be given food as a reward for doing something well or to stop them doing an unwanted behaviour. Sweet foods that are high in energy (kilojoules) particularly appeal to children and are frequently used as a tool to change children's behaviour. However, this practice can have negative consequences including:

- putting high energy foods on a pedestal
- undermining health promotion messages and nutrition education given at school. An example is that it would not be appropriate to teach a child about not smoking and then hand out ashtrays and lighters to children as a reward for good behaviour
- contributing to poor health such as dental caries and obesity, as rewarded foods are often high in fat and sugar
- spoiling a child's appetite, and may take the place of healthier foods in the diet
- teaching children to eat when they are not hungry.

Research shows that when children eat nutritious foods, they perform better at school and learn more effectively. Children should be given consistent messages about food from all adults. It is still important to reward children for positive behaviour, and this can be done using non-food rewards including:

- attention and praise
- temporary tattoos
- a Frisbee, yo-yo or skipping rope

- a discount voucher to a favourite shop
- stamps, stencils, coloured pens or stickers
- a new book
- a sticker worth one point, and when a child reaches 10 points they receive a gift
- allowing a student to choose classroom activities, e.g. what book to read or sport to play
- voucher to be used at the school canteen.

## **10 SUPPORTING DOCUMENTS**

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

- A Power Point presentation for Principals
- Ideas for fundraising
- Frequently Asked Questions
- Newsletter inserts
- Recipe criteria including nutrition requirements
- A Recipe reference guide for:
  - a. Canteen managers
  - b. School camps
  - c. BBQ catering

The resources will be made publicly available through the DET website:

<http://www.det.nt.gov.au/about-us/policies>

## **11 REFERENCES**

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<sup>i</sup> Magarey A, Daniels L, Boulton TJ. Prevalence of overweight and obesity in Australian children and adolescents: reassessment of 1985 and 1995 data against new standard international definitions. *MJA* 2001; 174:561-564.

<sup>ii</sup> Carson, BE, Guthridge, S, Li, Shu Qin, and Measey, Mary-Anne. Growing up in the Territory: parent survey. 2006. Department of Health and Community Services.

<sup>iii</sup> Reilly JJ, Methven E, McDowell ZC, Hacking B, Alexander D, Stewart L et al. Health consequences of obesity. *Arch Dis Child* 2003;(88):748-752.

<sup>iv</sup> Dietz, William H. Childhood Weight Affects Adult Morbidity and Mortality. *Journal of Nutrition* 128[2], 411S. 1-2-1998

<sup>v</sup> National Obesity Taskforce. Healthy Weight 2008 - Australia's Future The National Action Agenda for Children and Young People and their Families. 2003. Canberra, Commonwealth of Australia, Department of Health and Ageing.

<sup>vi</sup> Bailie, R. (2007), Feasibility and costs of water fluoridation in remote Aboriginal communities. Research and Policy Brief. Menzies School of Health Research.

<sup>vii</sup> 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.