

Healthy food and drink choices in schools

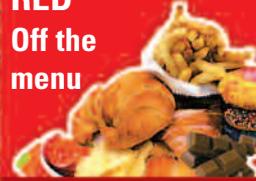
GREEN
Fill the
menu



AMBER
Select
carefully



RED
Off the
menu



Australian Better Health Initiative: A joint Australian, State and Territory initiative. Acknowledgement NSW Health

Tips for making healthy food and drink choices – Principals

Principals are encouraged to promote consistent messages about healthy lifestyles in all school activities.

The policy and standards for healthy food and drinks applies to:

- ✓ canteens and food services
- ✓ classroom rewards
- ✓ excursions and camps
- ✓ classroom cooking activities.

Frequently asked questions and answers on the policy can be found at: det.wa.edu.au/healthyfoodanddrink

Many schools have already made significant efforts to promote healthy lifestyle choices. If you believe your school is already an exemplary example or is well on the way to adopting healthy food and drink choices, please contact Emma Jones, Media Officer on 9264 4857 to discuss whether some positive media coverage can be arranged.

The school newsletter is one way that principals can promote healthy food and drink choices to parents.

Below are some newsletter snippet suggestions:

- ✓ We hope as a parent or carer you will support our school by encouraging your children to enjoy healthy food and drinks every day – especially at school.
- ✓ Try to include a food from each of the five food groups in your child's lunch box every day:
 - breads and cereals
 - fruit
 - vegetables and salad
 - meat/fish/chicken/eggs/legumes
 - milk/cheese or yoghurt.

- ✓ Keep food safe by adding a small frozen water bottle to keep foods cool.
- ✓ Cut up small portions of fruit and vegetables and wrap them in plastic or put them in a small container (with a lid that is easy to remove).
- ✓ Water is the best drink of all. Pack a water bottle everyday.
- ✓ Choose a rainbow of foods for a colourful lunch ie carrot and celery sticks, strawberries, a wholegrain sandwich and a cheese stick.
- ✓ Children need at least one hour of active play each day.
- ✓ Limit electronic entertainment (TV and electronic games).
- ✓ Children need plenty of sleep: 9 – 10 hours per night.
- ✓ Give your child the best start to the day by having a healthy breakfast: cereal with fruit on top, eggs or baked beans on wholegrain toast, milk.

For more information

On lunch box food, visit the Meerilinga Lunch Box World website meerilinga.org.au

Nutrition Australia website nutritionaustralia.org or phone 6304 5714

Heart Foundation website heartfoundation.com.au

Policy and standards for healthy food and drinks in public schools, det.wa.edu.au/healthyfoodanddrink

