



BOYNE ISLAND STATE SCHOOL

Smart Choices

Food and Drink Supply Strategy

Our Motto

'A Healthy Mind in a Healthy Body'



Queensland Government

Department of Education, Training and the Arts

SMART CHOICES POLICY

The strategy applies in all situations **where food is supplied in the school environment through the school** : tuckshops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities, including fund-raisers such as ‘pie’ and ‘chocolate’ drives.

SMART AND HEALTHY SCHOOLS STRATEGY

Our school community is a ‘**Smart and Healthy Choices**’ School following the directives and expectations of Queensland Government and our Department of Education and the Arts to develop and promote better food choices as a whole school community strategy for our students, including our P&C Association, Tuckshop sub committee, staff and parents.

*Staff are not individually expected to conform to this policy for their own foods, however any **school provided food cannot include red foods & drinks** except as per the listed school arrangements. Staff are encouraged to model and promote appropriate eating habits with respect to the food categories whilst with students and as part of the Health and Physical Education curriculum in the teaching/learning situation.*

The expectations for our school to supply a variety of **Green, Amber** and **Red** coded foods and drinks will be met through the following strategies.

Exemptions and Special Considerations

- ‘As a school formal/graduation is a special occasion marking a significant milestone for a young person, the supply of **RED** foods and drinks on this occasion would not count as one of the two occasions per term when **RED** foods and drinks may be supplied by the school.’
- Birthday cake brought from home – if not supplied by the school and brought by a parent the cake is exempt.
- Students bringing food should be encouraged to bring **Green** and **Amber** foods and discouraged from bringing Red foods.

FOOD TYPES	EXPECTATIONS	SCHOOL ARRANGEMENTS
<p>GREEN FOOD ~ ENCOURAGED AND PROMOTED ALWAYS. <i>Have Plenty!</i></p> <ul style="list-style-type: none"> • Are excellent sources of important nutrients. • Low in saturated fats, added sugars &/or salt. • Help to avoid an intake of excess energy (kj). 	<ul style="list-style-type: none"> • Reviewing, monitoring and increasing choices and varieties of green foods provided through tuckshop Monday, Wednesday, Friday; • Working with suppliers to increase the range of choice of green food. • Promote Green Foods through tuckshop initiatives. 	<ul style="list-style-type: none"> • Conduct & promote activities to encourage green food eating habits. • Provide a variety of green food items including ‘Apple Slinky’ apples. • Staff model these choices whilst with students and through the curriculum – e.g., through ten minute ‘fruit’ breaks.
<p>AMBER ~ SUPPLIED WITH CARE. <i>Select Carefully</i></p> <ul style="list-style-type: none"> • Processed with some sugar &/or salt &/or fat added. • Have some nutritional value. • In large serves, contributes to excess energy (kilojoules) 	<ul style="list-style-type: none"> • Reducing; <ul style="list-style-type: none"> ○ the number of choices giving more ‘Green’ choices; ○ the size of serves; • Offering only on designated days of the week. 	<ul style="list-style-type: none"> • Reduce the choices in the amber food area. • Designate days for certain ‘amber’ foods for tuckshop, however, emphasis needs to be on the ‘green’ food product.
<p>RED ~ OCCASIONAL FOODS & DRINKS. <i>Serve occasionally twice per term.</i></p> <ul style="list-style-type: none"> • Lack nutritional value; • High in saturated fat, and/or added sugar and/or salt. • Contributes to; <ul style="list-style-type: none"> - excess energy (kj’s) - Tooth decay and erosion 	<p>On no more than <i>two occasions per term.</i> For example ></p> <p>Occasional foods and drinks may be supplied in school activities as listed below.</p>	<p><u>Examples only (in consultation with Principal & school community)</u></p> <p><u>Term 1:</u> Disco Easter Raffle</p> <p><u>Term 2:</u> Disco Pie Drive</p> <p><u>Term 3:</u> Disco Chocolate Drive</p> <p><u>Term 4:</u> Break-up parties</p>

SCHOOL ACTIVITIES	GREEN FOOD <i>Have Plenty!</i>	AMBER FOOD <i>Select Carefully</i>	RED FOOD <i>Twice per term</i>
<p>TUCKSHOP</p> <p>Conducted on three days per week – Monday, Wednesday and Friday for main lunch break only, 11:00 am to 11:40pm</p>	<p>Increase choices and variety.</p> <p>Conduct promotional activities.</p> <p>Work with suppliers to increase the range of choice.</p>	<p>Not restricted as to how often supplied. However consider, Green choices are always offered and promoted.</p> <p>Smaller servings when this food is provided.</p> <p>Designated days for supply of this food category.</p>	<p>Serve no more than twice per term, combined total.</p> <p>Includes whole-of-school activities as listed in the examples above, including P&C, Student Council and other class activities.</p>
<p>CLASSROOM and SCHOOL</p> <p>~ REWARDS ~ PARTIES ~ CURRICULUM</p> <ul style="list-style-type: none"> o Cultural Celebrations o Cooking Activities need to fit the context of the HPE syllabus and the cultural activity involved. 	<p>Increase choices and variety.</p> <p>Conduct promotional activities.</p> <p>Align to HPE Curriculum & identify through planning outcomes</p>	<p>Green choices need to be offered as an alternative.</p> <p>Smaller servings if this food is provided.</p>	<p>NO RED food rewards or parties supplied by the school – must be green or amber foods, including food supplied by students (discourage RED).</p> <p>Compliance includes food vouchers.</p> <p>Rewards need to align to the school curriculum including HPE (Green & Amber only if food).</p> <p>Exemptions: Birthday cake brought from home – not supplied by the school.</p>
<p>SCHOOL EVENTS</p> <ul style="list-style-type: none"> o Discos o Celebrations o Sports Days o Excursions o Break-up parties <p>Exemptions as above (within reason)</p> <ul style="list-style-type: none"> o Graduation Yr 7 o School Camps <p>Every effort should be made to avoid red food and drink</p>	<p>Nutritious food /drink is required for energy on sports days.</p> <p>Be conscious of smart Choices strategy when organising an excursion – e.g., take a box of apples etc., for morning tea.</p>	<p>Green choices need to be offered as an alternative.</p> <p>Smaller servings if this food is provided.</p>	<p>Included in twice per term whole school activities</p> <p>Ensure teachers/caterers are aware of the Smart Choices strategy and comply.</p> <p>Excursions/ Camps: <i>'If students are purchasing their own lunches, they should be encouraged to purchase from suppliers offering healthy options.'</i></p>
<p>FUND-RAISING</p>	<p>'Healthy food' drive considered as an alternative</p>	<p>Should consider Green alternatives</p>	<p>Can be 1 of the 2 per term allowed in consultation with the principal and school community. E.G. Chocolate & Pie drives, Easter Egg raffles fall into the red category.</p>

What is GREEN FOOD?	What is AMBER FOOD?	What is RED FOOD?
<p>Natural, whole-grain, reduced/no fat, sodium or sugar added.</p> <ul style="list-style-type: none"> • Different breads such as whole grain • Scones – plain or fruit • Raisin buns • Rice cakes • Fried rice - plain, Sushi • Noodles, Hot noodle cups - plain • Breakfast Cereals – whole grain/wholemeal • Fruit – fresh, frozen, canned, dried • Vegetables • Baked beans • Salads • Soups – low fat • Dairy – low fat • Meat/Fish/Poultry (not crumbed) • Nuts • Muffin, Pita bread-based pizzas • Popcorn, plain <p>Drinks</p> <ul style="list-style-type: none"> • Milks – reduced fat • Soy drinks - reduced fat • Water 	<p>Reduced fat, sodium, sugar added, natural</p> <ul style="list-style-type: none"> • Fried rice - high fat, sodium • Noodles, Hot noodle cups – high fat, sodium • Breakfast Cereals – refined • Salads with oil • Soups – fat & sodium content • Dairy – full fat • Meat/fish patties > • Chicken drumsticks/wings • Meat balls • Spare ribs • Devon sausage • Ham • Chicken (compressed roll) • Corned beef • Bacon • Salami • Chicken Nuggets > • Fish fingers > • Hot dogs > • Pizzas > • Wedges/chips/hash browns /potato scallops/gems > • Pies • Garlic breads • Chiko rolls etc • Spreads • Sauces/gravies > • Margarines/Mayonnaise > • Cakes, sweet biscuits & slices > • Ice blocks, slushees • Ice cream reduced fats. Plain • Flavoured popcorn • Fruit/breakfast bars > • Fruit drinks/juices • Milk – full fat <p>Note: > means to also check Red</p>	<p>High fat, sodium, sugar levels</p> <ul style="list-style-type: none"> • Meat/fish patties • Chicken drumsticks/wings • Meat balls • Spare ribs • Chicken Nuggets > • Fish fingers > • Hot dogs > • Pizzas > • Wedges/chips/hash browns /potato scallops/gems > • Pies • Garlic breads • Chiko rolls etc • Sweet spreads • Sauces/gravies • Ice blocks, slushees • Ice cream – flavoured • Lollies, jellies, juice jellies, • Chocolates, bars etc • Crsips/chips • Snack food bars • Soft drink • Cordially, Energy drinks • Flavoured mineral water • Fruit drinks

Refer to the ‘*Smart Choices Healthy Food and Drink Supply Strategy for Queensland Schools*’ and accompanying CD information disc available on loan from our school or on the Education Queensland website, and Education Policies and Procedures. www.education.qld.gov.au/schools/healthy

RED FOOD EVENT REGISTER

Two school 'Red Food Events' are permitted per term

YEAR:

TERM	DATE	REASON FOR RED FOOD EVENT	SIGNED
1		School Event <input type="checkbox"/> Tuckshop supplied <input type="checkbox"/> Excursion <input type="checkbox"/> School Camp <input type="checkbox"/> Fundraising Event – Easter Celebration/raffle <input type="checkbox"/> Fete, Dance or Musical <input type="checkbox"/> Curriculum Activity <input type="checkbox"/> Sporting Event <input type="checkbox"/> School Community event: _____	
2		School Event <input type="checkbox"/> Tuckshop supplied <input type="checkbox"/> Excursion <input type="checkbox"/> School Camp <input type="checkbox"/> Fundraising Event <input type="checkbox"/> Fete, Dance or Musical <input type="checkbox"/> Curriculum Activity <input type="checkbox"/> Sporting Event <input type="checkbox"/> School Community event: _____	
3		School Event <input type="checkbox"/> Tuckshop supplied <input type="checkbox"/> Excursion <input type="checkbox"/> School Camp <input type="checkbox"/> Fundraising Event <input type="checkbox"/> Fete, Dance or Musical <input type="checkbox"/> Curriculum Activity <input type="checkbox"/> Sporting Event <input type="checkbox"/> School Community event: _____	
4		School Event <input type="checkbox"/> Tuckshop supplied <input type="checkbox"/> Excursion <input type="checkbox"/> School Camp <input type="checkbox"/> Fundraising Event <input type="checkbox"/> Fete, Dance or Musical <input type="checkbox"/> Curriculum Activity <input type="checkbox"/> Sporting Event <input type="checkbox"/> School Community event: _____	

Exemptions

Year Seven Graduation Event

A parent brought Birthday Cake