

A Principal's Guide to the Healthy Food and Drink Policy

Schools have an important role to play in promoting health and wellbeing to students. Strong leadership is crucial in creating a healthy food and drink environment and principals are encouraged to role model healthy behaviours.

The Student Health in Public Schools procedures, Appendix B. Healthy Food and Drink aims to:

- Contribute to the health and wellbeing of students and staff by supporting the [Australian Dietary Guidelines and Guide to Healthy Eating](#).
- Recognise that the health and wellbeing of the school community is important.
- Create a supportive culture where healthy food and drink choices are valued and encouraged.

To support and advocate for policy compliance, principals can:

- Ensure the school has a written policy (sample template available).
- Promote healthy eating to the school community.
- Ensure traffic light training is completed by relevant staff.
- Ensure the [Do Food Safely Handler Training Program](#) (or its equivalent) is completed by relevant staff.
- Ensure the canteen menu is at least 60% GREEN light food and drinks (and maximum 40% AMBER with no RED light foods or drinks).
- Advocate for healthy catering at staff meetings and events.
- Encourage the parent body to choose healthy fundraising activities.
- Encourage regular communication with and between canteen staff, teaching staff and parents.
- Ensure classroom activities promote healthy food and drinks.
- Ensure healthy choices are included in class celebrations & and school fundraisers.

Principals can educate teachers to:

- Ensure RED food and drinks are not used as classroom rewards, in classroom activities, for fundraising, or on excursions.

