

A Parent Body's Guide to the Healthy Food and Drink Policy

Schools have an important role to play in promoting health and wellbeing to students. Parents are an important part of the school community and parent body engagement in schools is essential to achieve positive outcomes.

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, parent bodies can:

- Contribute to a written policy (sample template available).
- Promote healthy eating to the school community.
- Ensure the canteen menu is at least 60% GREEN light food and drinks (and maximum 40% AMBER with no RED light foods or drinks).
- Role model the consumption of healthy (GREEN) food and drinks.
- Seek advice about running a viable canteen from WASCA and WACSSO.
- Coordinate and participate in a canteen committee to:
 1. Support the canteen with professional development and regular communication.
 2. Support other school community programs e.g., implementing complimentary healthy eating programs.
 3. Ensure healthy choices are included in class celebrations & and school fundraisers.

Parent body's are encouraged to:

- Use healthy fundraising initiatives e.g., sunblock, fruit or vegetable seeds, sporting equipment, student art.
- Offer a variety of healthy food and drinks choices at events e.g., plain popcorn at discos, reduced fat sausages at fetes, bottled water at sports carnivals.

