

# A Canteen Managers Guide to the Healthy Food and Drink Policy

Schools have an important role to play in promoting health and wellbeing to students. Canteen managers have a big responsibility to ensure the food and drink they are serving at their canteen is compliant. With the support of the rest of the school community, a healthy canteen menu can be achieved.

**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, canteen managers can:**

- Contribute to the school has a written policy (sample template available).
- Promote healthy eating to the school community.
- Ensure traffic light training is completed.
- Ensure the Do Food Safely Handler Training Program (or its equivalent) is completed.
- 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 food and drinks (GREEN).
- Develop menus based on seasonal produce, considering dietary and cultural needs.
- Promote healthy eating to the school community (e.g., newsletter inserts, theme days, meal deals).
- Provide healthy catering options for school events and staff meetings.
- Encourage the parent body to choose healthy fundraising activities.
- Actively participate in a canteen committee.
- Engage with teachers to promote healthy food and drink classroom activities.

**Canteen managers should strive to:**

- Not use RED food and drinks on the menu, or for specials/promotions.

