

# The WA School Food and Drink Criteria

## What this means for parents and caregivers?

With more parents working and relying on their school canteen menu for many of their child's meals, gone are the days where a canteen meal is considered a 'treat'. Creating a supportive environment where healthy food and drink choices are valued and encouraged in the school setting is critical to students health and well-being. The WA School Food and Drink Criteria, has been developed based on the latest evidence to support schools to provide healthier food and drink environments in WA schools.

## Why we need to make a change in the school environment?

- Approximately 2,400 meals are consumed at school from pre-primary to year 12, with children and adolescents consuming 19-50% of their daily energy requirements at school.
- Research in 2020 found that an estimated 25.4% of Western Australian children aged 5-15 years had a body mass index classified as overweight or obese.
- The environment we live in has changed significantly in the last 20 years. Children are moving less and are bombarded daily with unhealthy food and drink advertising.



## Parents can feel reassured that their school canteen will provide:

- Healthy, nutritious and enjoyable meals that their children can choose from.
- Access to the right nutrients required for their child to be alert and engaged in classroom activities.
- A 'greener' menu to maintain good health and prevent chronic disease.
- Exposure to more vegetables.

