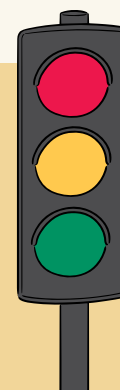


Supporting healthy eating at school

Healthy Food and Drink Policy in the school canteen

All public schools in Western Australia are required to follow the *Department of Education Student Health in Public Schools Procedures, Appendix B. Healthy Food and Drink*. This policy applies to all food and drink provided by the school, including the canteen, and follows a traffic light classification system.



To support students growth, development and learning the menu must consist of:



At least **60% GREEN** items



No more than **40% AMBER** items








Max 2 days per week selling **AMBER** savory commercial products



No RED items on the menu

Is your canteen meeting policy guidelines? If not, we encourage you to talk to the school or canteen team. Share your feedback, encourage other parents to get involved and advocate for a healthier canteen your whole school can be proud of!

Advocating respectfully: tips for positive communication









-  **Be curious, not critical** - ask questions
-  **Use "I" statements** - how do YOU feel?
-  **Stay solution-focused** - suggest ideas
-  **Active listening** - value others' opinions
-  **Build allies** - encourage other parents to join
-  **Follow up** - check in after meetings to see progress
-  **Be patient and polite** - it will take time, keep conversations positive and respectful








Advocacy templates: tips for discussion

Parent advocacy may feel intimidating, but it plays a crucial role in shaping the school food environment to better support student's health, learning, and wellbeing. By uniting community voices, advocacy can drive positive, lasting changes in canteen menus and policies that benefits all students.

Tips on advocacy discussions via email

-  Introduce yourself as a parent with a shared interest
-  Suggest working together with the school
-  Focus on supporting healthier food choices
-  Show appreciation for their time and effort
-  Link ideas to student health, wellbeing and learning
-  Be polite and friendly in your message
-  Ask for a chance to talk, meet or share ideas
-  Keep message short and clear

Tips for conversation starters

-  Start with a friendly, informal approach
-  Share your observation clearly and respectfully
-  Open the door for ongoing discussion and ideas
-  Ask who the right person is to speak to
-  Keep it short and natural

Tips for social media / community group post

-  Start with a warm friendly tone
-  Share your passion and positive intention
-  Provide clear ways to take action
-  Invite others to get involved and connect
-  Keep it inclusive and encouraging

**Templates for these can be found in the [freshSNAP Parent Guide](#)*