N

MACKAY NORTH
STATE SCHOOL

Learning, Caring, Sharing.

Mackay North State School

WELCOME TO MACKAY NORTH
STATE PRIMARY SCHOOL

Healthy Foods Policy

RATIONALE

Mackay North State School would like all staff and students to value nutritional food and drinks that are healthy and only supply at school or school activities those that are identified through Smart Choices - *The Healthy Food and Drink Supply Strategy for Queensland Schools*.

School food and drink supply includes all situations where food is supplied in the school environment – tuckshops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities.

THE ROLE OF THE SCHOOL

Mackay North has an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. We have identified that a healthy diet can improve behaviours critical to educational success and performance at school.

Our tuckshop is an important part of the school environment and can model healthy food and drink choices that are tasty, interesting and affordable and can reinforce the nutritional messages taught in the classroom. Learning about healthier food choices may encourage children to try new foods. Classroom activities also provide an opportunity for students to be involved in planning and promoting healthier foods. It is important that adults in the school model healthy food choices.

THE SMART CHOICES FOOD AND DRINK SELECTOR
Foods and drinks have been classified into three categories according to their nutritional value: **Green, Amber and Red**.

GREEN 'Have plenty'
Encourage and promote these foods and drinks in the school.

AMBER 'Select carefully'
Do not let these foods and drinks dominate choices and avoid large serve sizes.

RED ' Occasional'
Limit the availability of these foods and drinks to no more than two occasions per term.

'HAVE PLENTY' – the GREEN category
These foods and drinks should be encouraged and promoted to students as the best choice and included as a major part of the school tuckshop menu. These foods are the best choice because in general they:-

· Are excellent sources of important nutrients
· Are low in saturated fat and / or added sugar and/or salt
· Help to avoid an intake of excess energy (kilojoules)

Foods in this category include bread, cereals, rice, pasta, noodles, vegetables, fruit, reduced fat milk, yoghurt, cheese, lean meat, fish, poultry, eggs, nuts and legumes. Water is an important part of this category.

Within this category even healthier choices can be made by including wholegrain breads and cereals.

PROMOTE FOOD AND DRINKS IN THE GREEN CATEGORY AT ALL OCCASIONS WHERE FOOD AND DRINKS ARE SUPPLIED.

The GREEN category

Food Type	Examples
Breads	White, multigrain, wholemeal, rye, hi fibre breads or rolls including burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin/fruit, tortillas and Turkish. Some corn crispbreads and rice cakes also fit into GREEN.
Cereal Foods	Rice, pasta, noodles, polenta and burghul (often used in tabouleh salad)
Breakfast cereals	Wholegrain breakfast cereals that are high in fibre and lower in salt and sugar.
Vegetables	Fresh and frozen vegetables used in a variety of different ways.
Fruit	Washed fresh fruits, frozen, canned and dried fruits.
Legumes	All forms of prepared beans and peas-baked beans, red kidney beans, soy beans, mung beans, lentils, chick-peas, peas, bean curd, tofu and pappadums (made from legume flour).
Reduced-fat dairy products	Reduced-fat milk (plain and flavoured), yoghurt, cheese and custard.
Lean meat, fish, poultry and alternatives	Lean chicken, beef, lamb, pork, canned tuna and salmon, and eggs. Unsalted plain and mixed nuts.
Drinks	Water is the best drink and a great thirst quencher! Reduced fat milk and soy drinks also fit into the GREEN category.

'SELECT CAREFULLY' – the AMBER Category
Selecting foods and drinks carefully means:-
· Reducing the number of AMBER foods and drinks supplied and selecting healthier choices from this category.
· Offering some of these foods and drinks only on certain days of the week.
· Avoiding large serving sizes.

AMBER foods are mainly processed foods that have had some sugar, salt or fat added to them. These foods should be selected carefully because in general they:

· Have some nutritional value
· Have moderate amounts of saturated fat and / or added sugar and /or salt.
· Can, in large serve sizes, contribute excess energy (kilojoules).

The AMBER Category

Food Type	Examples
Full fat dairy food	Milk (plain and flavoured). Yoghurt, frozen yoghurt, custard and cheese. Full fat flavoured milks in large serve sizes can contribute excess energy (kilojoules).
Savoury commercial products	There are many savoury commercial food products in the marketplace. Check labels against the nutrient criteria to ensure products fit into AMBER and not into RED category. Examples include savoury pastries, spring rolls and dim sims, pasta products such as lasagne, pizza, oven baked potato products, sausages, frankfurters, meat patties (not crumbed), meat balls and chicken drumsticks
Processed Meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or salt. Examples include devon, ham, salami, bacon, chicken roll, corned beef and pastrami.
Margarine, mayonnaise and oil	Choose polyunsaturated or mono-saturated varieties and use sparingly. Make sure you can see the bread through the spread!
Spreads	Use sparingly. Choose reduced salt varieties where available. Examples include peanut butter and other nut spreads, fish, chicken and meat paste, yeast and vegetable extract spreads.
Sauces and gravy	Use sparingly. Choose reduced salt varieties where available. Examples include tomato sauce, sweet chilli sauce and gravy. Some sauces (for example satay) also contain nut products which are a common allergen.
Snack food bars	Check the label against the nutrient criteria. Examples include breakfast bars, cereal bars and fruit bars.
Savoury snack foods and biscuits	Check the label against the nutrient criteria. Examples most likely to fit here include oven baked snack biscuits, popcorn and some dry biscuits.
Cakes, muffins and sweet biscuits	Check the label against the nutrient criteria. Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (for example reduced levels of fat and/or sugar and include fibre) may fit into the AMBER category.
Ice creams	Ice creams that are not coated in chocolate, premium of a large serve size are likely to fall into the AMBER category, such as plain milk based ice creams and frozen yoghurts.
Ice blocks, fruit based ice confection and slushees	Check the label against the nutrient criteria. Watch the serve size and choose carefully.
Breakfast cereals	Refined breakfast cereals with added sugars and/or saturated fat fit in the AMBER category.

'OCCASIONAL' foods and drinks – the RED category

It is recommended that foods and drinks from the RED food category are only consumed occasionally, because they:-

· Lack adequate nutritional value

· Are high in saturated fat, and/or added sugar and/or salt.

· Can contribute to tooth decay and erosion.

LIMIT TO NO MORE THAN TWO OCCASIONS PER TERM.

It is important to be consistent across all areas of food provision in the school. This includes the tuckshop.

The RED category

Food Type	Examples
Sugar and artificially sweetened drinks	Soft drinks artificially sweetened soft drinks, energy drinks, sports drinks and flavoured mineral waters.
Confectionery/lollies	All types
Deep-fried foods	All types
Savoury snack foods	Crisps, chips and other similar products
Ice-creams	Chocolate coated and premium ice-creams
Cakes, muffins, sweet pastries and slices.	Croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices. Medium to large serves of many cakes and muffins.