



# James Meehan High School

## Healthy School Canteen Guidelines

### DEAR PARENTS/CARERS

A healthy and varied diet is vital to sustaining a healthy mind and body and gives our bodies the fuel it requires to maintain concentration throughout the day to day activities of a school.

As of **January 2016** the canteen at James Meehan High School will make changes to reflect the guidelines outlined in the *fresh tastes* NSW Healthy School Canteen Strategy.

Please be advised of the following guidelines:

- **All Packed lunches and food deliveries from parents/carers etc must be in line with the categories, no fast food i.e. MacDonald's, KFC to be brought into the school.**
- **At no stage can students bring in energy drinks or large bottles of soda.**

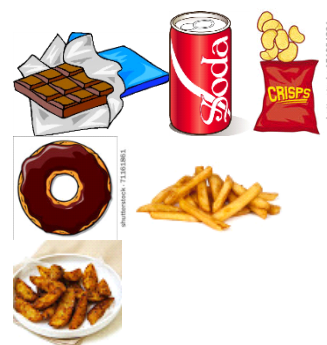
### The school canteen

Food items to be sold in the school canteen must have a high nutritional value such as high fibre, low sugar, low sodium, and low in saturated fat, and low in preservatives. The selection of healthy and appropriate food items for menus must be made in conjunction with the Canteen Menu Planner. The Canteen Menu Planner has three (3) categories:

**GREEN:** Fill the menu - must be dominant on the menu and must be advertised and promoted regularly as a better choice.

**AMBER:** Select carefully - may be on the menu daily but must have minimum stock amounts. Under 900kj and small sizes

**RED:** Occasional menu items - must only be sold 1-2 times a term.



### Reference policies and procedures

Fresh Tastes @ School (NSW Healthy School Canteen Strategy)

<http://healthy-kids.com.au/school-canteens/the-menu/fresh-tastes-school/>

NSW Public Schools

<http://www.schools.nsw.edu.au/studentsupport/studentwellbeing/schoolcanteen/>