Schools have an important role in promoting healthy eating and physical activity to students and providing an environment that supports a healthy lifestyle. At Farnborough State School we actively choose to promote healthy food choices to the benefit of our students by

- Applying the Smart Choices Healthy Food and Drink Strategy to everything we sell or serve throughout the school year in the tuckshop and during fundraising and sporting events
- Proving ongoing support for the Stephanie Alexander Kitchen Program in the curriculum
- Extending the Smart Choices Healthy Food and Drink Strategy into the classroom.

The Smart Choices Healthy Food and Drink Strategy for Queensland Schools (Queensland Government Department of Education and the Arts and Queensland Health) will guide our practice. As in this policy, foods and drinks sold, served or provided in the classroom at Farnborough State School will be classified into three categories according to their nutritional value:

**GREEN Foods - Have Plenty**

Foods from this category of the food and drink spectrum in general:

- 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)

At Farnborough State School, GREEN foods and drinks will be encouraged and promoted to students as the best choice.

**AMBER Foods – Select Carefully**

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).

At Farnborough State School, we aim to
• reduce the number of AMBER foods and drinks supplied and select healthier choices from this category
• be inventive with the ingredients – ie icy cups only to be made with fruit juice cordial and where possible contain a fruit component
• Avoid large serving sizes.

Red Foods – Serve Occasionally

The ‘occasional’ foods and drinks that make up the RED category of the Food and Drink Spectrum are based on the ‘extra’ foods as defined in The Australian Guide to Healthy Eating.

These foods and drinks are only consumed occasionally, because they:

• lack adequate nutritional value
• are high in saturated fat, and/or added sugar and/or salt
• can contribute excess energy (kilojoules)
• can contribute to tooth decay and erosion

In line with the Smart Choices Healthy Food and Drink Strategy of a maximum of two red occasions per term, at Farnborough State School we will limit RED foods to the following occasions:

Term 1  Cross Country  
         Chosen P & C event

Term 2  Athletics Carnival  
         Chosen P&C event

Term 3  Farnborough Fair  
         KCD Athletics Carnival

Term 4  Concert  
         P&C Event or Graduation

Tuckshops are an important part of the school environment; they can model healthy food and drink choices that are tasty, interesting and affordable. Our tuckshop is of key importance and the tuckshop food choices will aim to actively focus on serving green foods. RED foods will not be served at the tuckshop and Amber foods limited to 20% of the meal menu and 40% of the snack menu.

Education is an important part of raising awareness of good food choices. We will share information about good food choices through newsletters, parades and our school Facebook page.