



HEALTHY EATING & RITE BITE FOOD AND DRINK STANDARDS

Children and young people are more likely to achieve their learning potential when they have access to healthy food and drink options.

The Department for Education has revised the Right Bite Food and Drink Supply Standards to meet the Australian Dietary Guidelines and the new Wellbeing SA nutrition classifications for schools.

The revised standards use a traffic light system to classify food and drinks into 4 categories:

- Green: best options
- Amber: choose carefully
- Red 1: limit
- Red 2: should not be supplied.

The Right Bite standards are recommended as best practice for all public schools and will be applied to food and drinks sold or provided in education settings, such as canteens, breakfast programs, excursions and camps, fundraising events, sports days, out of school hours care, celebrations, rewards, incentives, gifts, prizes, giveaways and others.

The standards do not apply to:

- preschools
- food and drinks supplied in vocational education training (VET)
- food and drinks brought from home for personal consumption.

The revised standards recommend that 60% of food and drinks sold or supplied at schools should be from the green category and 40% from the amber category. We will be working towards achieving this goal.

This means you may notice some healthier changes in the food and drinks sold or provided at our school.

We know that schools play a critical role in creating, promoting and modelling healthy eating behaviours. Approximately 40% of a child's daily energy intake occurs at school.

For more information about the Right Bite Food and Drink Supply Standards, visit www.education.sa.gov.au/rightbite



Morgan Primary School

We Strive With Pride



Government of South Australia
Department for Education

Ph: 8540 2102

www.morganps.sa.edu.au

right bite

Food and Drink Supply Standards for South Australian Schools

www.education.sa.gov.au/rightbite



Government
of South Australia
Department for Education

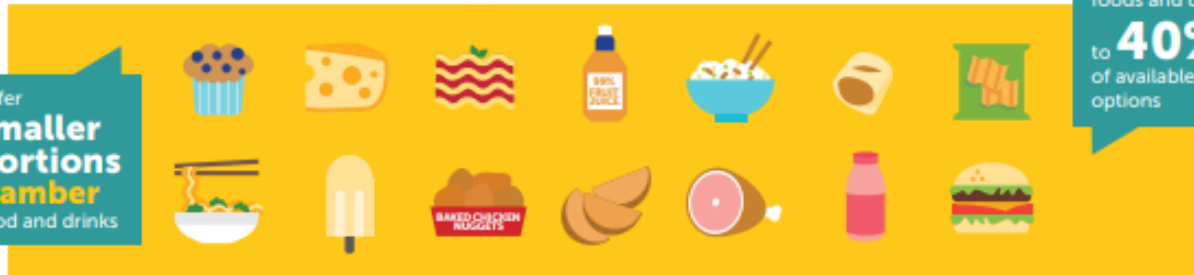
best options



Offer and promote a **variety** of **green** food and drinks

green foods and drinks should make up **60%** of options

choose carefully



Offer **smaller portions** of **amber** food and drinks

limit **amber** foods and drinks to **40%** of available options

limit to twice per term



red 1 foods and drinks should be limited to twice per term, for example as part of a whole of school celebration or fundraising event

should not be supplied



red 2 foods and drinks should not be supplied, provided or sold to students



The Wellbeing SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Wellbeing SA FoodChecker to assess products, recipes and menus.

www.wellbeingsa.sa.gov.au/foodenvironments