



## 2026 Red Food

### Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools

Healthy eating and regular physical activity are essential to promoting and maintaining good health. [The Smart Choices - Healthy Food and Drink Supply Strategy for Queensland Schools](#) is all about offering healthy food and drink choices to students in Queensland schools.

Smart Choices, which became mandatory in state schools from 1 January 2007, applies to all situations where food and drink is supplied in the school environment including tuckshops, vending machines, school excursions, school camps, fundraising, classroom rewards, school events such as celebrations and sports days, and food used in curriculum activities.

Note the policy refers to students and not to adults.

Reflecting the *Australian Dietary Guidelines for Children and Adolescents* and the *Australian Guide to Healthy Eating*, Smart Choices categorises foods and drinks into three groups:

#### **Green - Have Plenty**

These foods and drinks are encouraged and promoted in schools.

#### **Amber - Select Carefully**

These foods and drinks should not dominate choices and should be avoided in large serve sizes.

#### **Red - Occasional**

The availability of these foods and drinks should be limited to no more than two occasions per term.

The [Smart Choices Ready Reckoner \(PDF, 389KB\)](#) is a guide to food and drinks commonly supplied in schools, and the category they are most likely to fit into (green, amber or red).

### 2025 RED FOOD DAYS

|                                                     |                                                                  |                              |
|-----------------------------------------------------|------------------------------------------------------------------|------------------------------|
| <b>Term 1</b>                                       | Tuckshop Red Food Day – 31 March                                 | P and C                      |
| <b>Term 2</b>                                       | Tuckshop Red Food Day - 23 June                                  | P and C                      |
| <b>Term 3</b>                                       | Tuckshop Red Food Day – 15 September                             | P and C                      |
| <b>Term 4</b>                                       | Year 6 Pancake Breakfast – 9 December<br>Party Day – 10 December | Chaplaincy Program<br>School |
| <b>Other caterers</b>                               | <b>Yes:</b>                                                      | <b>No:</b>                   |
| Camps:<br>Year 4 Camp<br>Year 5 Camp<br>Year 6 Camp | Birthday cakes bought in from home.                              | Class Rewards                |