

Healthy Foods Policy

Rationale:

- Healthy nutritional habits are essential to the growth and development of children.

Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local dairy industry promotions.
- The school lunch order provider will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Dietary Guidelines for Children and Adolescents – 1995' and operate in a manner consistent with suggestions contained within the [Healthy Canteen Kit](#).
- The lunch order service provider will ensure that all foods provided to the students meet School Council's approval.
- The lunch order provider will not offer soft drinks or lollies to students.
- Students will be encouraged to have healthy foods and drinks at activities such as sporting events.
- The school will ensure that a supply of drinkable water is available at the school at all times.
- Throughout the year whole school will focus upon a theme of healthy foods.
- Students will have access to their own water bottles during class lessons.
- Eating healthy snack foods during class time is encouraged (Refer to the Snack Smart Policy).
- Fund raising activities will not focus on the promotion of foods with high sugar, high fat or high salt.
- Staff are to inform the principal of students who appear to be provided with inadequate lunches.

Renewal and Approval:

This policy will be reviewed as part of the school's four-year review cycle