



FOOD POLICY

BACKGROUND

Eating a healthy diet helps children stay alert during class, promotes health and wellness and assists in developing healthy habits to become healthy adults. School children get up to one third of their daily energy requirements at school; which makes schools an important place for learning healthy eating habits. The school environment should promote and model healthy eating and good nutrition in all aspects in which food and drink is introduced into the school. The purpose of this policy is to create an environment and ongoing opportunities for children to access healthy food and promote their health and wellbeing.

PURPOSE

Healthy food choices should be implemented in all aspects of school life and activities. This policy does not aim to retract all unhealthy food provided in these events, however an emphasis should be placed on providing and advocating for healthier options.

GUIDELINES

Whole School

- 1.1 Any activities and programs within the school setting relating to or involving food and drink should promote healthy eating and good nutrition to students.
- 1.2 Staff and the wider school community are involved in guiding the development and implementation of the whole school healthy eating policy and are key partners in promoting and supporting healthy eating initiatives in the school.
- 1.3 Staff and the wider school community are provided with information about policy requirements.
- 1.4 School activities that involve the provision of food will address the requirements of the Anaphylaxis Procedures for Schools and any other known allergies.
- 1.5 Principals are responsible for ensuring the requirements of the policy, guidelines and relevant legislation are met. Principals are responsible for ensuring that school policies and practices are consistent with the nutrition in schools policy and are responsive to local needs, including cultural diversity.
- 1.6 Families are encouraged to provide healthy lunchboxes. Healthy food options are encouraged for staff at meetings, professional learning events and in the staff room.
- 1.7 Safe drinking water is available at all times, and only water bottles filled with water are to be accessed during class.
- 1.8 Students are given adequate time to eat their food in suitable and inviting eating spaces, which encourage the social interaction of students.
- 1.9 Staff and families are encouraged to foster a healthy body image and enjoyment of eating. This should be conducted through the use of positive language.

1.10 The school respects and celebrates the cultural diversity of its community through recognising and valuing cultural and traditional beliefs about food.

1.11 Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote healthy eating across the curriculum.

1.12 Families are encouraged to be involved in healthy eating initiatives at school.

1.13 Caffeinated drinks are not to be provided to, or sold to students.

Procedure 2- School Canteen

2.1 Canteen should work toward providing >50% green, <50% amber and 0% red food categories sold at school; to comply with standards set out by The Healthy Eating Advisory Service which is supported by the Victorian Government and partners.

2.2. All sugar sweetened drinks that are categorised in the occasional (red) food categories outlined in the Go for your life- food categories document, are not permitted for sale in school canteens.

2.3 Canteen staff will ensure canteen operations and food items are reviewed bi-annually to ensure that the recommended food items are present in their correct proportions (see 2.1).

2.4 Where possible Camelot Rise Primary School use wholemeal breads when preparing food through the canteen.

Procedure 3- School Events

3.1 Where school activities involve the provision of food and drink to the wider school community, consideration should be given to modelling and promoting healthy eating.

3.2 School activities that involve the provision of food and drink to students should aim to be consistent with the Go for your life- food categories document.

3.3 Off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions should consist of mostly green and amber categories outlined in the Go for your life- food categories document. Green food choices should be the most abundant food category.

3.4 Class parties should focus on ensuring healthy options are available based on the traffic light system. No soft drinks or caffeinated drinks are to be used.

Procedure 4- Fundraising

4.1 Fundraising Organiser will endeavour to use fundraising items will comply with green and amber category foods, set out by the Healthy Eating Advisory Service (2.1)

4.2 Only undertake 3 fundraisers or novelty meal days using red category foods per year.

4.3b Chocolate or confectionery drives will be limited to no more than one per year, and the discretion of School Council. Families will not be pressured to take boxes of chocolate/confectionery and families will receive a maximum of one box each. Families will be given the choice of donating the amount equivalent to the profit from a box of chocolates but not take the box.

4.4 Where possible the school will use local produce when fundraising to support the local community and supports our local fruit and vegetable industry.

4.5 Every opportunity will be taken to improve the healthiness of the food provided as a fund raiser. For example using wholemeal bread where possible, selling juice or smoothies instead of soft drink.

Procedure 5- Classrooms

5.1 Healthy eating is incorporated into the curriculum, across multiple key learning areas. Teaching and learning and all class activities in all other key learning areas should reinforce healthy eating and good nutrition wherever possible.

5.2 The health and wellbeing of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school.

5.3 Foods provided to students in class should promote healthy eating practices. This includes class parties and class food activities.

5.4 Food and drink, food vouchers and sweets are not used as an incentive or reward.

5.5 Sweet drinks are not permitted during class time.

IMPLEMENTATION

1. Whole School, Procedure 2 and 5 will be implemented in 2017
2. Procedure 3 and 4 will be looked at further in 2017 by relevant groups in the community for implementation in 2018

EVALUATION

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

RELEVANT DOCUMENTS AND LINKS

This policy should be read in conjunction with:

- <http://www.nutritionaustralia.org/national/resource/australian-dietary-guidelines-2013>
- Healthy Canteen Kit: School canteens and other school food services policy
- <http://www.education.vic.gov.au/Documents/school/principals/management/gfylpolicy.pdf>
- Go for your life- food categories
- <http://www.education.vic.gov.au/Documents/school/principals/management/gfylplancat.pdf>
- CRPS Student Engagement and Wellbeing Student Policy
- Australian Dietary Guidelines

CERTIFICATION

This policy was endorsed by School Council at the meeting held on 21st November 2016.

Signed.....
Principal

Signed.....
School Council President