

# 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 service 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 Principal will ensure that all foods served comply with the DEECD approved healthy foods list.
- The school lunch order service will not sell soft drinks or lollies.
- Healthy foods and drinks will be available to all students to Active After School participants.
- The principal will ensure that a supply of drinkable water is available at the school at all times.
- At least once per year the whole school will focus upon a theme of healthy foods.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons, and have a fruit or vegetable break.
- Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- Staff are to inform the principal of students who do not have adequate lunches or come to school without having eaten breakfast.

### Evaluation:

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

This policy was last ratified by School Council in....

**December 2008**