



HEALTHY FOOD AND DRINK POLICY

Rationale

At Southern Grove Primary School, we believe in a whole child approach to education and ensuring that students' physical, social and emotional wellbeing is healthy and positive. We aim to promote nutritional eating habits in a safe, supportive environment for all children. We believe that childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in both the short and long term.

Schools are required to adopt a whole school approach to healthy eating within the school community. Fundamental to this is the implementation of strategies which inform, support and promote healthy eating within the guidelines of the *Department of Education Policy for Healthy Food and Drinks in Schools 2014 (updated from 2007)*.

Policy Requirements

Schools are required to adopt a whole school approach to healthy eating within the community.

Food and drinks categorised as "red" will not be provided to students on the school site unless essential to the learning program.

The Healthy Food and Drinks Policy will be implemented in conjunction with medical care plans for students with allergies to a wide variety of foods.

Food vending services operating from the school canteen will incorporate the policy on the provision of healthy food and drinks.

Procedures

Southern Grove Primary School will adopt a whole school approach, promoting consistent messages through the curriculum and social and physical environments.

The school will:

- Implement a school-based policy for the provision of healthy food and drinks which meets, or exceeds, the minimum standard for 'green' food and drinks mandated in the *Department of Education Policy for Healthy Food and Drinks in Schools 2014 (updated from 2007)*
- Engage students in curriculum activities that promote the Australian Guide to Healthy Eating.
- Raise awareness of the need to consider those with medical care plans in place for food allergies
- Provide the necessary training and procedures to cater for the needs of the students with emergency care plans for food allergies



- Prevent the sharing of food items
- Restrict foods in class cooking activities to those with no allergy link to students and those that meet the “green” and “amber” food guidelines unless essential to the learning program.
- Promote healthy eating messages periodically through the school’s communication channels.
- Lollies and chocolates will not be given out by staff
- Incorporate *Crunch and Sip* in the classroom.
- Always ensure safe and hygienic preparation of food practices.

Parents will:

Not include nut spreads or products containing nuts in student lunchboxes e.g. Nutella, peanut butter, satay etc.

Refrain from sending egg products if requested by the teacher (this will happen if a child in the class has an egg allergy).

Provide appropriate information regarding food allergies to the school and ensure regular updates to this information if important details change.

Provide a container of cut up fruit, vegetables or cheese for Crunch and Sip.

Limit the amount of orange and red foods put in lunch boxes.

Will not send lollies, chocolates, soft drinks or energy drinks to school.

Only provide water in their child’s drink bottles.

GREEN FOOD AND DRINKS

Are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).

These foods include fruits, vegetables, wholemeal breads and crackers, wraps, meats, rice, quinoa, cous cous, cheese, eggs, wholemeal pasta, soups, sushi, salads

Drinks include water, vegetable juice, milk

AMBER FOOD AND DRINKS

Have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).

These foods include white bread and crackers, bagels, dried fruit, pancakes, pikelets, crumbed meat e.g. chicken nuggets and fish, yoghurt, fruit muffins, scones, banana bread, muesli bars, oven baked chips

Drinks include 300ml or more flavoured milk, fruit juices

RED FOOD AND DRINKS

Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

These foods include lollies, biscuits, cakes, chocolate, croissants, fruit leather, processed foods e.g. pizza, pies, sausage rolls, potato chips, jelly, yoghurt containing confectionary

Drinks include milkshakes, cordial, iced tea, soft drinks



Healthy lunch box examples

