



## 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 Principal/Delegate will ensure that all foods served by the lunch order provider will comply with the school council's approved healthy foods list.
- The lunch order provider will not sacrifice healthy foods for the sake of profits.
- The lunch order provider will not sell soft drinks or lollies.
- 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 permission to eat healthy foods such as fruits and vegetables during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- 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 appear to be provided with inadequate lunches.
- The school will support and promote children cleaning their teeth after having eaten their lunch.

**Evaluation:**

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

**This policy was ratified by School Council in :**

**February, 2017**