

HEALTHY FOODS POLICY

PURPOSE

To develop nutritional habits which are essential to the growth and development of children, in line with the DET guidelines.

To work towards ensuring any foods provided by the school are consistent with a healthy eating philosophy and the philosophy of the Stephanie Alexander Kitchen Garden Program.

GUIDELINES FOR ACTION

- Children are strongly encouraged to bring healthy food to school, for snacks and lunch.
- In line with the school's Anaphylaxis Policy school community members are not encouraged to bring nuts to the school.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum.
- All classrooms will encourage students to bring clearly named plastic water bottles into the room and students will be given unlimited access to water throughout the day. Water bottles must not contain drinks such as cordial juice or sports drink – water is the only acceptable drink.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will be encouraged to bring healthy snacks, fresh fruit and vegetables, as brain food into the classroom.
- All students will be educated on the importance of not sharing foods or water bottles.
- School activities will be conducted to support 'Healthy Eating' as defined by the Victorian Prevention and Health Promoting Achievement Program.
- School community members are expected not to provide lollies, chocolates and high sugar drinks such as soft drinks, energy drinks and flavoured mineral waters for school.
- Families have access to the healthy foods policy and will be supported with information to help meet this policy requirement through information sharing.