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## **POLICY – FOOD AND NUTRITION**

### **RATIONALE**

It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition staff are encouraged to model healthy eating as a valuable part of daily life.

Through the development of this policy, a commitment has been made to several important aspects of the environment that contribute to creating a healthy school. These include:

1. Provision of food that is consistent with the National Food and Nutrition Guidelines
2. Development of consistent messages about healthy eating through out the school
3. Providing a food service that supports and reinforces classroom nutrition
4. Recognition of the positive influence that staff can have as role models for healthy eating

### **GUIDELINES**

- To encourage children and families to be responsible for their own health.
- To ensure that students receive clear, consistent messages about the importance of healthy eating.
- To provide healthy foods that are value for money.
- To be sensitive to family and cultural issues.

### **Strategies**

- Students will be encouraged to take responsibility for their own health through classroom programmes.
- All staff members will be encouraged to model healthy eating behaviours.
- Food choices at school will be based on Heart Foundation recommendations and will support and reinforce what students learn about nutrition in the classroom.
- Fruit will be available at all times.
- Steps will be taken to discourage the consumption of foods high in fat, sugar or salt.
- Appropriate food safety practices will be in place.
- Students will not be permitted to leave school grounds during the school day to purchase food or beverages.

Review Date: