

HEALTHY EATING POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact Glendal Primary School.

PURPOSE

The purpose of this policy is to ensure school food services provide food and drinks which contribute to a supportive, healthy school environment.

A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people.

Glendal Primary School supports a healthy eating culture by accessing healthy school food services and promoting healthy eating principles.

SCOPE

All schools should ensure healthy food choices are the major option made available to the school community by their school, and should never supply high sugar content drinks or confectionery.

POLICY

Background

School food services can have a major impact on the foods and drinks that students are exposed to and consume. Enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom
- supporting healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness

It is important that parents/carers, teachers and students work together to support a whole-school approach to healthy eating and build a school culture that supports students to choose nutritious foods and drinks, and a healthy lifestyle. A healthy school food service:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with Australian Dietary Guidelines

- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents/carers and the wider school community
- is an integral part of the entire healthy school environment

It is important that parents/carers, teachers and students work together to build a school culture that supports students to choose nutritious foods and drinks, and a healthy lifestyle.

To support a whole-school-approach to healthy eating schools should:

- work with parents/carers, teachers and students to promote healthy eating practices
- apply a healthy eating approach to all food and drink services provided to the school community by Glendal
- ensure healthy food choices are made available to the school community by their school
- ensure *everyday* food and drinks are always available as the main choices and *select carefully* food and drinks are considered and availability of *occasionally* food and drinks is limited.
- never supply:
 - high sugar content drinks such as energy drinks and flavoured mineral waters with high sugar content
 - confectionery such as chocolate, lollies, yoghurt compound and coatings, fudge and chewing gum
- ensure curriculum programs promote a healthy eating approach

Details

The policy applies to:

- all foods and drinks provided in the following areas within the Glendal school environment, such as
 - contracted school food services
 - external businesses and retail food outlets supplying the school, such as the lunch-order provider
 - school curriculum activities
 - school sporting days, social events and productions
 - school-based breakfast programs
 - outside school hours care programs on school grounds

This policy does not apply to:

- foods and drinks used for the management of individual student's health conditions
- student lunches and snacks brought from home
- non-school-related events and activities managed by external organisations on school grounds, for example community sport
- school camps

Note:

- Food is not used to celebrate birthdays or any other cultural celebrations at Glendal Primary.

- On occasion, students may be given an icy-pole at a whole-school event, and parents/carers are provided the opportunity to opt out.
- Food is never used as a reward/incentive.

Special dietary requirements

Some students may require special diets for medical reasons. The Glendal food service should try to meet these needs as far as possible so that all children can enjoy eating a healthy lunch from the lunch-order provider. Any special needs for children with disabilities such as modified texture diets will be considered as required.

The school principal, child's teacher or parents/carers should provide advice of any special dietary needs to the lunch-order provider staff.

Anaphylactic (severe) food allergy

Contact with certain foods (such as peanuts, cow's milk, egg, wheat, soybean, tree nuts, fish and shellfish can be fatal for people with allergies to these foods. The Department has guidelines for schools to support students with anaphylaxis, refer to: Anaphylaxis.

Role of school council

Many schools have contractual arrangements in relation to their food supply services and while these arrangements need to be honoured, councils should discuss with licensees ways in which canteens can be compliant with Department policy.

Definitions

Confectionery can be defined as a small snack, chocolate or lolly — often sized for individual consumption — of minimal nutritional value and with sugar as a main ingredient. Common names for confectionery include lollies, candy or sweets. Confectionery comes in a variety of shapes, textures from jelly-like, soft and chewy to hard and brittle.

Related policies

- Finance Manual — Section 12 Trading Operations
- Food Handling in Canteens
- Procurement — Schools

Related legislation

- Education and Training Reform Act 2006 (Vic)
- Food Act 1984(Vic)

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website

- Communication to new staff on induction
- Discussed at staff briefings/meetings as required.

EVALUATION

Policy last reviewed	August, 2023.
Approved by	The Principal.