

HEALTHY EATING AND FOOD SERVICES POLICY



Help for non-English speakers

If you need help to understand the information in this policy, please contact Glendal Primary School on 03 9803 1330.

PURPOSE

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

OBJECTIVE

- To ensure that Glendal Primary School promotes a culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people.
- Victorian government schools should support a healthy eating culture by developing healthy school food services and promoting healthy eating principles. Glendal Primary School will ensure healthy food choices are the major option made available to the school community and 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 the classroom.
- activities and for 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.

Details

At Glendal Primary School, parents/carers, teachers and students work together to build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

To support a whole-school approach to healthy eating, Glendal Primary School:

- works with parents/carers, teachers and students to promote healthy eating practices.
- applies a healthy eating approach to all food and drink services (including lunch orders) provided to the community by the school.
- ensures healthy food choices are made available to the school community.
- ensures *everyday* food and drinks are always available as the main choices, *select carefully* food and drinks are chosen sensibly, and the availability of *occasional* food and drinks is limited.
- never supplies:
 - high sugar content drinks such as energy drinks and flavoured mineral waters with high sugar content.
 - Confectionery (see definition below) such as chocolate, lollies, yoghurt compound and coatings, fudge and chewing gum.
- ensures that curriculum programs promote a healthy eating approach.

Definition

Confectionery

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 and textures, from jelly-like, soft and chewy to hard and brittle.

The policy applies to:

- all foods and drinks provided in the following areas within the school environment:
 - school lunch orders and contracted school food services
 - external businesses and retail food outlets supplying schools (for example, milk bars, cafes and bakeries)
 - school curriculum activities
 - rewards and incentives
 - school sporting days, social events and productions
 - outside school hours care programs on school grounds.

This policy does not apply to:

- foods and drinks used for the management of an individual student's health conditions, such as providing jelly beans (classified as confectionery and must not be supplied normally) to a student for the management of diabetes
- 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.

Special dietary requirements

Some students may require special diets for medical reasons, such as gluten-free or dairy free. The school food service should try to meet these needs as far as possible so that all children can enjoy eating a healthy lunch. Any special needs for children with disabilities, such as modified texture, should also be considered.

Anaphylactic (severe) food allergy

Contact with certain foods (such as peanuts, cow's milk, egg, wheat, soy bean, 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 lunch order services, and while these arrangements need to be honoured, councils should discuss with licensees ways in which these services can be compliant with Department policy. Schools that have a specific relationship with a retail shop, for example, a local milk bar, also need to consider how the policy can be applied.

Refer to [Finance Manual Section 12 Trading Operations](#) for further details on the role of School Council in engaging a third party to operate school canteens.

FURTHER INFORMATION AND RESOURCES

Related policies:

- [Canteens](#)
- [Finance Manual – Section 12 Trading Operations](#)
- [Food Handling in Canteens](#)
- [Procurement – Schools](#)
- [FoodChecker](#)– Schools can use this tool to help classify individual recipes and food/drink products, plan healthy canteen menus, and find *everyday* (green) and *select carefully* (amber) products that can be supplied in schools.
- School Confectionery Guidelines – [Confectionery – definition and examples \(DOCX\)](#)

COMMUNICATION

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

- School website (publicly accessible).
- Hard copy available from the school administration upon request.

POLICY REVIEW AND APPROVAL

Policy last reviewed	June, 2026
Approved by	Principal
Next scheduled review date	June, 2029