

## **Food and Nutrition Policy 2015**

### **Aims**

- A.** Healthy children through:
  - 1. Education about and encouragement of healthy choices.
  - 2. Provision of healthy food at school lunch.
  - 3. Minimisation of exposure to: harmful food additives, preservatives, artificial colours and flavours, excessive sugar, caffeine.

### **Principles**

- A.** Food and nutrition is included in the education program in the Health and physical education learning area.
- B.** Role modeling and informal conversation are important ways of educating and encouraging students to make healthy choices about their own bodies.
- C.** Informal whole school meetings are used as forums for discussing parent ideas about health, which may be integrated into the culture and procedures of the school.
- D.** All parents, staff and students are provided with access to education regarding healthy eating and a balanced diet. Healthy eating is encouraged on the school grounds and at all school activities.
- E.** The school encourages care of the environment and ethical food choices when choosing food for school.
- F.** No lollies are allowed at school.
  - 1. Lollies are defined as anything commonly understood to be a lolly or confectionary.
  - 2. The Coordinator will arbitrate if there is dissension over the definition.
  - 3. Parents are encouraged not to provide their child with food with a high sugar content.
  - 4. An exception is made for birthday cakes and people may bring a cake to school on their birthday, if they wish, to share with everyone.
- G.** No sweet carbonated drinks are allowed at school and cordials are discouraged, especially those containing artificial colouring and flavouring.
  - 1. All students are encouraged to drink water at school and to bring their water bottle daily. The school provides filtered water for all members of the school community.
- H.** Other foods which are discouraged and should be minimised or avoided in school lunch and school prepared foods include;
  - 1. Food additives such as preservatives, colours etc (refer to Additive Alert by Julie Eady)
  - 2. Trans fats in the form of margarine and bakery bought goods parents should instead be encouraged to use butter and olive oil as spreads for breads etc and butter or coconut oil in baking.

## School Lunch

- A. The school provides a healthy lunch, for a small cost, for all students who choose not to bring their own lunch.
- B. All effort is made to provide the healthiest, child friendly lunch possible, including minimising food additives, preservatives, colours, flavour enhancers and other forms of processed chemical components and foods commonly known to have a negative effect on health.
- C. Students are required to bring their own food for break and on days when school lunch is not provided.
- D. School lunch is provided on an honour system and is not for profit.
- E. Parent volunteers and rosters are used to make school lunch possible, through shopping, preparing and helping to serve and clean up. We aim for staff not to be required to organise or prepare school lunch.
- F. Caffeinated drinks or foods are not considered suitable for students. Hot drinks, such as tea, coffee and hot chocolate are not available for students at school. Hot chocolate and milo may be served to children at special school events.
- G. Parents are encouraged to avoid using plastic shopping bags when shopping for school lunch.

## Implementation

Lollies and soft drinks are banned from the school. Implementation of other healthy food choices is via recommendation, education, role modelling and encouragement.

### A. Students

1. Will not bring lollies or soft drinks to school. The exception being cakes for their birthday.

### B. Staff

1. The Coordinator may remind staff members of the nature of this policy, and their position as a role model in the school.
2. Include food and nutrition in their education program.
3. Students are encouraged to reuse and recycle lunch containers.

### C. Co-ordinator

1. Organise educational opportunities where parents can learn about healthy eating and nutrition so they can confidently role model and provide healthy school lunches.
2. Post information in the newsletter and display posters throughout the school regarding food and nutrition and minimising packaging in school lunches.
3. Provide educational opportunities for staff so that they can effectively educate students about food and nutrition.

### D. Parents and other adult members of the school community

1. Requests for compliance with this policy, and reminders of its content and purpose, may be made by staff or council members or published in the newsletter.

## **Responsibilities**

### **A. Council**

1. Ensures the school community is aware of the content and purpose of this policy.

### **B. Coordinator**

1. Implements this policy on a day to day basis

### **C. Staff**

1. Include food and nutrition education
2. Be a role model for a healthy lifestyle during school activities.

### **D. Parents**

1. Enable School Lunch to be provided by volunteering to help and by fulfilling roster duties
2. Provide healthy food for their children to eat at school.

## **Related Legislation**

A. Occupational Health and Safety Act 1984

B. Occupational Health and Safety Regulations 1996

## **Contact Person**

Enquires relating to this policy should be directed to the School Coordinator.

## **Breaches of this Policy**

Any breach of this policy may result in disciplinary action up to and including termination.

## **Related Kerry Street Documentation**

A. Policies including:

1. Duty of Care Policy
2. Behaviour Management Policy
3. Drug Education Policy
4. Curriculum Policy
5. Supervision Policy

## **Authorisation and Review**

- A. This policy has been authorised by the Kerry Street Community School Council on 7/6/05
- B. Reviewed on 13/1/06 by meeting of staff and council
- C. Reviewed 2012
- D. Reviewed 16/09/13

- E. Reviewed and accepted by council and Coordinator at Dec meeting 2015.
- F. To be reviewed Dec 2016

*Helen Sugars Duff*