



Applecross Primary School

Healthy Food and Drink Policy

This policy is monitored regularly by school staff and reviewed annually. It is guided in its intent by the *Healthy Food and Drink in Public Schools Policy (Feb 2014, Updated Mar 2023)*. We adopt a whole school approach to healthy eating within the school community.

Policy Review Date: Aug 2024

PURPOSE

- To adopt a whole school approach to healthy eating.
- To ensure that the canteen/food service menu complies with the requirements detailed in the Healthy Food and Drink in Public Schools procedures.
- To comply with Department of Education and training guidelines on healthy eating.
- To ensure staff, students, parents and visitors are informed about the healthy eating guidelines and the school's approach to implementing these.

RATIONALE

Applecross Primary School is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The school and staff promote a culture of healthy eating and are committed to providing relevant information, skills and resources to students and caregivers.

GENERAL GUIDELINES

In general, the school promotes healthy eating in the following ways:

- Education to students as part of the curriculum on making healthy food choices and developing healthy eating habits.
- Develop and implement a school-based policy for the provision of healthy food and drinks that meets, or preferably exceeds, the minimum standard for 'green' food and drinks mandated in these procedures and which incorporates the following:
 - Students will be supplied 'green' and 'amber' foods in school settings, including classroom rewards, classroom cooking activities, school camps and excursions.
 - Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.
 - Permission to use a school's premises for use as a canteen/food service will only be granted on the basis that the Healthy Food and Drink in Public Schools Policy and Procedures are implemented.
- Providing information and resources (eg pamphlets, posters) of a general nature to students and caregivers.
- Where special occasions occur within the school or classroom and snacks are provided, healthy food choices are recommended.

- Classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies.
- When celebrating a child's birthday, if parents wish to send a cake to school (and you certainly don't need to send anything if you don't want to) we ask that you supply only small cupcakes or muffins. Anything more than this will be sent home.
- Students are encouraged not to swap their recess and lunch meals with other students.
- Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day.
- Teachers should be judicious in their approach to giving non-nutritious foods and drinks out in class. On occasion, some curriculum areas such as maths, science and the humanities may require the tasting of amber and red foods, but this is to be kept to a minimum.
- Non-nutritious foods are acceptable for special events such as school fairs, the annual Easter egg hunt and end of term parties, however lollies are not to be included.
- Teachers may notify parents if there are concerns regarding the nutritional value of student lunches.