

SCHOOL HEALTHY EATING POLICY

RATIONALE

The school environment is an important setting for implementing policy that promotes healthy eating.

A school healthy eating policy is an important strategy in supporting students to make positive food choices.

It is important that any school healthy eating policy be easy to manage in the classroom.

Positive peer pressure within the education setting can create a culture within which nutritional foods and healthy lifestyle are actively chosen. This culture can permeate the entire school environment and can have an impact on choices made by students about food consumption when they are not at school.

PURPOSE

1. To establish and maintain lifelong healthy eating habits
2. To take into account individual needs (e.g. ethical, religious, ethnic, medical) and family choices
3. To promote foods that are consistent with the Dietary Guidelines for Children and Adolescents in Australia
4. To be an avenue for consistent and continual health education
5. To inform and involve students, parents and the wider school community about trends in healthy eating
6. To encourage students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment

GUIDELINES

1. All activities under staff direction, involving food, will take into account the School Confectionery Guidelines as found at: www.education.vic.gov.au/management/healthycanteen/confectionery.htm
2. Parents operating fund raising events will be encouraged to follow school guidelines regarding healthy food choices in line with the above rationale and purpose.
3. Students and parents/carers will be encouraged to incorporate healthy snack alternatives in lunches.
4. In line with our SunSmart Policy, students will be encouraged to drink water regularly.

REVIEW

This policy is to be reviewed in 2013