



YEA PRIMARY SCHOOL

Healthy Foods Policy

Purpose

1. To develop within students an informed appreciation of healthy eating habits.
2. To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

Implementation

- The development of an appreciation of healthy foods and healthy eating habits.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- All students will be encouraged to bring fruit to school, with a fruit snack taking place every morning at approximately 10am.
- Annual staff professional development focussing on nutrition.
- The provider of school lunch orders, school functions and fundraising activities will be required to provide a good selection of nutritious, tasty and attractive foods in line with the following:

1. Everyday Foods

- Breads and cereals, rice, pasta, noodles whole meal/multigrain
- Vegetables
- Fruits
- Dairy foods – milk, yoghurt and cheese.
- Lean meat and poultry, fish, eggs, nuts and legumes (dried beans and lentils).
- Water

2. Select Carefully Foods (contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added).

The availability of the following foods should be limited and not promoted at the expense of foods and drinks from the Everyday category.

- Ice-cream.
- 100 per cent fruit juices and 100 per cent fruit-juice based ices.
- Artificially sweetened drinks.
- Reduced-fat processed meats.
- Commercially prepared hot foods.
- Reduced-fat, high-fibre snack foods.



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- Margarine, oils, spreads, sauces and gravies.

3. Occasionally Category Foods

- Birthdays and special occasions
 - The provider of school lunch orders will ensure that all foods offered have School Council's approval.
 - The Principal will ensure that a supply of drinkable water is available at the school at all times.
 - Students will have access to their own water bottles, containing water, during class lessons, unless it is deemed by the classroom teacher to be inappropriate to do so.
 - Staff are to inform the Principal of students who appear to be provided with inadequate or inappropriate lunches.
 - Students without lunch will be provided with a sandwich.
 - Chewing gum, lollies and soft drinks are banned from school.

Evaluation

1. Teacher responses to what students are bringing for lunch.
2. Review of lunch order menu.
3. Students' knowledge of healthy eating.

Date Ratified at School Council _____ Principal signature _____

S.C. President signature _____ Next Review Date _____