



# Healthy Eating Policy

## Rationale

Healthy eating has a long-lasting and positive impact on a child's growth, development and health. Good nutrition is not about good and bad foods but rather food uses and choices.

Eating choices are ultimately the responsibility of the individual, but the home and school environment can influence decisions in a positive way to counteract negative messages promoted elsewhere.

Bonbeach Primary School will support the promotion of healthy eating through its curriculum, canteen, school environment and ethos.

The provision of an efficient and effective canteen at the school provides opportunities to reinforce healthy eating practices, provides a service for parents and staff wishing to purchase lunches and it presents an opportunity to raise funds for the school. It also allows opportunity for children to practise life skills.

## Purpose

- To encourage students to develop the knowledge, skills and attitudes which enable them to make healthy eating choices.
- To maximise learning potential for all students through appropriate snack breaks and access to drinking water.
- To provide an effective canteen service which provides a variety of food, including healthy choices, in a manner that complies with all health regulations and requirements.

## Relationship to existing policy

This policy is intended to supersede the Canteen Policy.

## Guidelines

- The school will encourage healthy food choices and eating practices through the curriculum, canteen and communication with the school community.
- Healthy eating is explained in the Australian Guide for Healthy Eating <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>.
- Teachers and other staff will ensure that healthy eating, including the preparation, making and cooking of healthy food, is the key experience in cooking, learning about the qualities and social importance of food.
- Students will be encouraged to bring healthy snacks and lunches and clearly named water bottles to school for consumption during the day.
- Students will be encouraged to drink water and will be provided with access to water throughout the day.
- Staff concerned about food choices may speak with parents or carers.
- The promotion of food for fundraising activities will reflect the nutrition principles outlined in the "Healthy Canteen Kit" and support Victorian Curriculum Health and Physical Education Standards.

- The school canteen will be run by a Canteen Subcommittee which will:
  - ensure that food supplied is consistent with that outlined in the “Healthy Canteen Kit”- School canteens and other school food services policy;
  - unhealthy ‘treats’ such as hot dog days are only to be provided once a month;
  - ensure that all health regulations and food preparation requirements are complied with. In particular, the ‘*Food Safety Program for School Canteens*’ and ‘*A Checklist for School Canteen Coordinators*,’ contained within the Guidelines for ‘*Personal Hygiene and Food Safety in Schools*’ document, must be complied with.
  - maintain a roster of parent volunteers;
  - ensure all volunteers fully understand Food Safety procedures;
  - School Council is responsible for the maintenance and replacement of equipment; and
  - monies raised are to be spent in line with school priorities.

### **Evaluation**

This policy will be reviewed as part of the school's three-year review cycle.

**Approved by School Council on:** 12<sup>th</sup> December 2017