

Food And Nutrition Policy

Rationale

It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Food coming into the school should be appropriate and conducive to learning. In addition staff are encouraged to model healthy eating as a valuable part of daily life.

Purpose

1. To encourage children to be responsible for their own health
2. To offer varied and nutritious food choices that are consistent with the National Food and Nutrition Guidelines
3. To co-ordinate classroom nutrition lessons with other components of the school health programme as well as the school food service
4. To reinforce healthy eating practice across all areas of the school curriculum

Strategies

1. Increase and vary menu options and promote foods that are low in fat, sugar and salt
2. All food will be prepared and sold in a clean smoke free environment
3. Food service staff shall be supported and encouraged to work closely with teachers responsible for the school health programme to achieve common goal
4. Where possible, food available for school fundraising, at school camps, festivals and sports days will be consistent with this policy
5. The following inappropriate foods shall be banned from school: Lollies, drink sachets or jelly crystals, fizzy drinks, caffeine-based drinks, large packages of snack foods. Should children bring them to school they will be taken from them. Children will be able to retrieve their food at the end of the day
6. The school will provide alternative appropriate food