



## HEALTHY FOODS POLICY

### 1 Purpose

Foods eaten during a child's early years and at school contribute significantly to a child's daily nutrient intake and also have a considerable influence on the development of their lifelong eating habits, growth patterns and energy levels. With people increasingly eating food not prepared at home, and a high proportion of Victorian adults and children overweight or obese and not meeting the healthy dietary guidelines, it is important to provide easy access to healthier food and drink options in settings such as early childhood services and schools.

### 2 Aims

To develop within students an informed appreciation of healthy eating habits.

To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

### 3 Implementation

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting school strategy.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health and Physical Education curriculum studies that reflect the VELS and/or the National Curriculum.
- The school will involve itself in the local strategies designed to raise awareness of, or to promote healthy foods e.g. Nude Food initiatives, Rubbish Free Lunches, sharing food grown in our gardens, and following the school's *Go For Your Life* initiative.
- Healthy foods and drinks will be promoted to all students using the 3 *Go For Your Life* food categories **Everyday (green)** foods, **Select Carefully (amber)** foods and **Occasionally (red)** foods.
- Teaching teams will develop gardens to give students the opportunity to grow their own food and promote the cooking and eating of healthy foods.
- At least once a year, the whole school will focus upon healthy foods and eating habits. Teachers will convey program expectations to parents and students.
- Staff members will be encouraged to model healthy eating habits whilst at school and not to use sweets as rewards.
- Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fresh fruit and vegetables during class time or a designated fruit break, unless it is deemed by the classroom teacher to be inappropriate to do so.
- Fundraising activities or Special lunches will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy. Special lunches will not include soft drinks, lollies, crisps and fried foods and school community members are encouraged not to bring these items
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- Health promotions will feature in the school newsletter on a regular basis.
- Staff are to inform the Assistant Principal or Principal of students who appear to be provided with inadequate lunches.
- Families are informed of the healthy foods policy and are provided with information to meet this policy requirement through newsletter articles on a regular basis



# MORELAND PRIMARY SCHOOL – NO 2837

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### 4 References/Appendices

- Healthy Eating  
(<http://www.education.vic.gov.au/school/teachers/health/Pages/healthyeatingadvisory.aspx>)
- Department of Health's Victorian Healthy Eating Advisory Service  
(<https://www2.health.vic.gov.au/public-health/preventive-health>)

### 5 Evaluation

The success of the program will be monitored by:

- The level of awareness and action, by children, of the issues related to healthy food
- The number of children who regularly display sustainability practices such as rubbish free lunches and nude food, recycling and other waste reduction practices, water and energy conservation and participation in gardening and other biodiversity programs.
- SETs data reflecting a reduction in water and energy use.
- Waste reduction in bins, skips and less rubbish sent to landfill.

Amendments to the policy will be made on a needs basis.

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