HEALTHY FOODS
POLICY

Rationale:

• Healthy nutritional habits are essential to the growth and development of children.

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.

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 & Physical Education curriculum studies.
• The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local dairy industry promotions.
• The school will promote a good selection of nutritious, tasty and attractive foods consistent with the ‘Go For Your Life’ Healthy Canteen Kit.
• Healthy foods and drinks will be available, if required to all students at activities such as sporting events.
• Food available through school lunch orders will not include cakes, chips, soft drink, fried foods, and confectionary.
• MASK will provide children with nutritious balanced snacks and have water available to children at all times.
• In MASK the menu will be displayed for children and parents and children can be involved in the preparation of food.
• The MASK program will consider the likes/dislikes and allergies to foods when compiling the menu.
• All staff and students in MASK will wash and dry their hands prior to the activity.
• The Principal will ensure that a supply of drinkable water is available at the school at all times.
• The whole school will focus upon a theme of healthy food at least once every two years.
• Staff members will be encouraged to model healthy eating habits whilst at school.
• Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fruits during class time.
• Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
• Staff are to inform the Principal of students who appear to be provided with inadequate lunches.

Evaluation:

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