

HEALTHY EATING AT SCHOOL

RATIONALE

Ripponlea Primary School is committed to a whole-school approach to healthy eating in line with the nutrition policies and guidelines developed by Victoria's Department of Education and Training.

PURPOSE

This policy aims to develop an informed appreciation of healthy eating habits among students and to ensure that food and drinks prepared, supplied and/or consumed at school are consistent with a healthy eating philosophy.

Ripponlea Primary School believes that childhood and adolescence is a critical developmental stage for establishing balanced, lifelong healthy habits that can benefit students in three key ways:

- Proper nutrition contributes to health and wellbeing which is vital for positive engagement in learning activities.
- Short-term: healthy eating maximises growth, development, activity levels and good health.
- Long-term: healthy eating minimises the risk of diet-related diseases later in life.

IMPLEMENTATION

General Guidelines

1. The school will implement programs to raise an awareness of and promote healthy foods that are underpinned by the *Canteens, Healthy Eating and Other Food Services Policy (June 2020)* developed by the Department of Education and Training (Victoria).
2. Ripponlea Primary School will also encourage all food preparation and consumption to reflect the *Australian Guide to Healthy Eating* and the *Dietary Guidelines for Children & Adolescents in Australia* eating for health guidelines which encourages Australians to eat a range of foods from each of the five food groups:
 - grain food and/or cereal fibre;
 - vegetables and legumes/beans;
 - fruit;
 - milk, yoghurt and cheese and/or alternatives; and
 - lean meats and poultry, fish, eggs, tofu, nuts and seeds meat and legumes/beans.
3. In order to provide a safe and supportive environment for students at risk of anaphylaxis, the school encourages (but does not enforce) a 'nut free' policy. Children who bring items containing nuts to school are required to consume the items outdoors and not within the classroom or school buildings (refer to *The Anaphylaxis Policy*).
4. Where possible, the school will engage with the local and wider community to support the implementation of the 'Healthy Eating' policy and encourage experts to raise further awareness of the benefits of healthy eating at Ripponlea Primary School.

5. Where appropriate, the school will display information posters about healthy foods.
6. Relevant information regarding this policy will be via distribution through the school newsletter and parent portals.

School lunches and nude food

7. Families are encouraged to provide lunches with foods from the 'Everyday' (green) and 'Select Carefully' (amber) categories as detailed in Appendix 1.
8. Ripponlea Primary School promotes the concept of 'Nude Food' and requests that all students bring a healthy lunchbox free of packaging to school for lunch and snacks.
9. The school will provide a supervised, orderly environment for students to eat their lunch.
10. A supply of drinkable water will be available at the school at all times. Students will be required to bring a refillable water bottle to school each day.

Before/After School Care

11. The before/after-school care provider is required to comply with the school's 'Healthy Eating' policy.

Snack Shack

12. Food sold at Snack Shack (Wednesday and Friday recess) will also align with this policy. Snack Shack is a student and parent run snack service, that operates two recess times per week.

School lunch orders

13. External canteen providers must also comply with the *Canteens, Healthy Eating and other Food Services* policy and healthy eating advice from the Better Health website that is endorsed by the Victorian Government Department of Health.

Curriculum and extra-curricular activities

14. Food and drink provided by the school at whole-class and whole-school events (including school camps) will comprise food that is primarily from the green and amber groups, with limited items from the red group.
15. The school will seek opportunities to link healthy food with cultural and school events, special occasions and community events (e.g. Harmony Day).
16. Where applicable, students will learn about healthy life choices in learning opportunities linked to the Victorian curriculum.
17. The school will implement opportunities for all students to make links between our school vegetable patch and eating healthy foods.
18. All activities under staff direction involving food will comply with this policy.

School events and special occasions

19. School Council and parent- led fundraising events (for example the school fete) will provide healthy options as well as occasional foods as per this policy.
20. If parents choose to provide food for celebrations, it is strongly encouraged that it should be from the green or amber categories.

21. Confectionary including lollipops, hard lollies and bubble gum is NOT to be distributed at school.
22. All food brought to school for celebrations and school events must have a full list of ingredients attached. In the absence of this, the item/s will not be distributed.

FURTHER INFORMATION AND RESOURCES

For ease of access, some of the information found in the resources below are included in the appendices section of this policy.

Healthy Eating (DET)

<http://www.education.vic.gov.au/school/teachers/health/Pages/healthyeatingadvisory.aspx>

Australian Guide to Healthy Eating

<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>

Food for health: Dietary Guidelines for Children and Adolescents in Australia

<http://www.health.gov.au/internet/publications/publishing.nsf/Content/gug-family-toc~gug-family-guidelines>

RELATED POLICIES

Anaphylaxis Management

Duty of Care

Camps & Excursions

Hire and Use of School Facilities

Reviewed by School Council: September 2021
Next review date: September 2025

APPENDIX 1:

Note the following is from the DET website and is an expanded form of information in this document.

Everyday, Select Carefully and Occasionally Food Categories

To assist schools and school food services to select and supply healthy eating options, foods and drinks have been divided into three categories.

Everyday category (Green)

Foods and drinks in the Everyday category are consistent with the [Australian Dietary Guidelines](#) and are most suitable for school food services.

Foods and drinks in the Everyday category are based on the basic food groups and include:

- breads and cereals, rice, pasta, noodles
- vegetables
- fruits
- dairy foods — reduced or low-fat milk, yoghurt and cheese
- lean meat and poultry, fish, eggs, nuts* and legumes (dried beans and lentils)
- water

Checklist

- Include most often as the main choices on the canteen menu.
- Make available every day the canteen is open.
- Strongly encourage and promote these foods and drinks.
- Include as the main choices at school event and activities involving foods and drinks.

Select Carefully category (Amber)

Foods and drinks in the Select Carefully category contain some valuable nutrients but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added.

Schools are encouraged to limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the Everyday category.

Foods and drinks in the Select Carefully category include:

- full-fat dairy foods, low-fat 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
- margarines, oils, spreads, sauces and gravies

Checklist

- Do not let these foods and drinks dominate the menu.
- Avoid large serve sizes.
- Reduce the number of these foods on the canteen menu.
- Offer these foods only on certain days of the week or limit selling time.
- Select healthier choices within the category.
- Select choices of these foods that contain fruits and/or vegetables or serve with fruits and/or vegetables.
- Do not promote vigorously at the expense of foods and drinks from the Everyday category.

Occasionally category (Red)

Foods and drinks in the Occasionally category are not consistent with the Australian Dietary Guidelines and are not recommended for school food services.

Schools should limit the availability of these foods and drinks to no more than two occasions per term.

Foods and drinks in this category include:

- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods — crisps, chips, biscuits
- ice-creams and ice confections — chocolate-coated and premium ice-creams, icy-poles and ice crushes
- cakes, muffins, sweet pastries, slices, biscuits and bars
- cream, butter and copha

The following should never be supplied due to their high sugar content:

- high sugar content soft drinks, including energy drinks and flavoured mineral waters with high sugar content
- confectionery, in accordance with the [School Confectionery Guidelines](#).

Checklist

- These foods and drinks should not be on the regular canteen menu.
- Schools should limit the availability of these foods and drinks to no more than two occasions per term.
- These foods and drinks should not regularly be available in other areas of the school such as in vending machines.

APPENDIX 2:

Note the following detail is from the DET's policy on Canteens, Healthy Eating and Other Food Service.

Guiding principles for food selection

The following principles should inform the selection of foods sold in school food services:

- a range of foods are included from each of the five food groups outlined in the [Australian Guide to Healthy Eating](#)
- fresh food is provided rather than processed
- a range of portion sizes are offered that cater for varying energy use and developmental requirements
- foods offered reflect the multicultural diversity of the school community

A healthy food service:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with the [Dietary Guidelines for Children and Adolescents in Australia](#)
- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents and the wider school community
- is an integral part of the entire healthy school environment

Students are encouraged to:

- enjoy a wide variety of nutritious foods
- eat plenty of vegetables, legumes, fruits, breads, cereals, rice, pasta and noodles
- include lean meat, fish, poultry and/or alternatives
- include milk, yoghurt, cheese
- choose water as a drink
- limit saturated fat and moderate total fat intake
- choose foods low in salt
- consume only moderate amounts of sugars and foods containing added sugars