

# HEALTHY EATING

## POLICY

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

1. The school will implement programs to raise an awareness of and promote healthy foods that are underpinned by the *School Canteen and Other School Food Services* policy 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*, 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 water bottle to school each day.

### **Before/After School Care**

11. The before/after-school care provider (currently Camp Australia) 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.

### **School lunch orders**

13. External canteen providers (currently Beavers Tail) must also comply with the *School Canteens and Other School 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. Italian 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 and bubble gum are 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.

## **REFERENCES**

Healthy Eating Advice for Schools and Early Childhood Services

<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

**Ratified by School Council: June 2018**

**Next review date: June 2021**

## **APPENDIX 1**

### **Everyday category (green foods)**

- bread and cereals, rice, pasta and noodles
- vegetables
- fruits
- dairy foods (reduced, low-fat milk, yoghurt and cheese)
- lean meat, poultry and fish
- nuts and legumes
- water.

### **Select Carefully category (amber)**

- full- fat dairy foods and low-fat ice cream
- 100% fruit juices and 100% 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.

### **Occasionally category (red foods)**

- sugar-sweetened drinks, sports drinks, cordial and fruit-flavoured drinks
- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods, for example- crisps, chips and 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.