



Policy title

Creating a positive food environment while ensuring the needs of our community are taken into account.

Policy statement

Our school is committed to the establishment of life long healthy eating habits, as well as the creation of a positive relationship and experiences with food, for all children.

We are focused on the development of a holistic food culture that reflects the nutritional, social, emotional, and educational aspects of food. Our school values environmental sustainability and adheres to Food Safety legislation.

Background

Food consumption is a connective experience which brings people together, and this process and practice needs to be promoted and nurtured within school systems. Role modelling, sharing, communicating and exchanging thoughts and emotions at mealtimes strengthen the fibre of a school community. Food has a dual purpose of nourishing children as well as increasing their social connectedness, cultural awareness and emotional values.

In its simplest form, healthy food provides energy and nutrients essential for optimal learning and cognitive development. In order for children to actively participate in learning they need to feed their body and brain with a nutritious and adequate diet. The research shows that a balanced healthy diet is crucial to brain development, physical and mental growth and immunity from illness.

All of these factors assist a student to flourish within a learning environment. The protective impact of a healthy diet on the reduction of the risk of the development of anxiety and depression during childhood is also well established.

The food supply within a school setting represents a practical and tangible opportunity for the promotion of healthy eating behaviours.

Our school food supply is based on the Australian Dietary Guidelines and the Australian Guide to Healthy Eating. We also aim to align with the Right Bite Food and Drink Supply Standards for South Australian Schools.

Our school aims to link the school food supply principles with the curriculum, school garden, cooking experiences and school events and fundraisers.

Right Bite school food supply standards

The Right Bite School Food Supply Standards for South Australian schools provide guidance for the creation of a positive food supply environment and culture for students.

Our school applies the standards to the following:

- Excursions and camps
- Fundraising events and sports days
- Classroom based activities including celebrations
- Rewards, incentives, gifts, prizes and giveaways

Meeting the Right Bite Standards while ensuring the needs of our community are taken into account, our school food supply aims to include a variety of:



- Grain foods such as bread, rice, pasta, noodles and crackers, with the provision of one wholemeal or wholegrain choice at most meal or snack.
- Fresh and seasonal fruit and/or tinned fruit in fruit juice.
- Raw and/or cooked vegetables and legumes.
- Reduced fat milk, yoghurt, cheese and/or alternatives (calcium fortified).
- Lean meat, poultry, pork, fish, eggs, legumes and alternatives such as tofu.

Foods that we do not include in our regular food supply

Foods and drinks based on the discretionary options in the Australian Dietary Guidelines are high in saturated fat, added sugar and or salt and tend to be low in nutritional value and fibre. These foods are classified as Red 1 and Red 2 options on the Right Bite Standards. Such foods are excluded from our regular food supply.

Foods

Red 1 foods include:

- Savoury pastries
- Hot dogs and sausages
- Processed savoury snacks such as crisps
- Cakes, slices and sweet pastries

Red 2 foods include:

- Deep fried foods
- Confectionary, such as chocolate
- Fruit-based confectionary
- Foods and drinks with added sweeteners (artificial sweeteners, natural intense sweeteners and sucrose)

Drinks

- Clean tap water is easily accessible and available to students

Keeping in line with the Right Bite standards, our school does not offer:

- any sugar sweetened drinks (except for milk) and drinks containing added sweeteners such as artificial sweeteners, nutritive sweeteners or natural intense sweeteners
- drinks containing guarana and caffeine
- flavoured mineral water
- sports waters
- protein waters
- high protein drinks

Our school recommends that parents do not bring **any** food items to share, on their child's birthday. Non-food items such as stickers, pencils and balloons are suggested as more appropriate options to share with other children. This helps strengthen our healthy eating message as well as minimise any intolerance or allergy risks. If a student does bring a food item to share then we will notify families via SeeSaw and had the item out after school and the item will go straight into their bag.

Exceptions



As outlined by the Right Bite standards, twice per term we may offer foods and drinks that are classified as Red 1 options as part of the Right Bite Standards. While offering limited nutritional values, these items make up a balanced diet and encourage children to develop a positive relationship with food.

Every year Parents and Friends run an Easter Egg Hunt. This involves students finding a plastic egg and exchanging it for a chocolate egg. If parents don't wish for their child to participate, please let the class teacher know.

Food safety

Our school aims to adhere to current food safety regulations and advice. We understand that we must comply with the Food Act 2001 and the Australia New Zealand Food Standards Code.

Marketing and promotions

Our school actively promotes Green category items and avoid the promotion of red 1 and red 2 foods. We limit the use of catering equipment such as freezers, fridges or promotional banners that feature Red 1 and Red 2 items.

Sustainability and environmental practices

Our school is committed to environmental sustainability practices. We are in line with the current single use plastic legislation in South Australia and we aim to minimise packaging or food waste going to landfill. Our school has a range of systems in place, to separate food waste from recyclables and from landfill bins.

Eating environment

We believe that meal and snack times provide an opportunity for social interactions and discussions amongst students and staff. We are committed to actively promoting healthy eating behaviours to students and families.

- Educators share meals with children and have conversations about the foods and drinks being offered.
- Educators role model positive eating habits.
- Sufficient time is available for the enjoyable consumption of shared meals and snacks, in a relaxed atmosphere.
- Food is not used as a reward or withheld as a disciplinary tool.
- Educators promote and encourage hand washing procedure prior to eating.

Links to the school curriculum

- Food literacy is weaved into various aspects of educational programming.
- Cooking experiences are included in the program planning as an avenue to increase nutrition knowledge and skills in children.
- Cooking experience will predominantly feature healthy options.
- Planting seasonal vegetable gardens, fruit trees and herb pots included in education programming where possible.
- Aspects of reducing food waste and environmental sustainability included where possible.

Version Control



The Nutrition, Food and Beverages and Dietary Requirements Policy will be reviewed three years from the date of initial approval, in accordance with the National Quality framework.

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