

FOOD AND NUTRITION POLICY

RATIONALE

National Administration Guideline 5 states that schools are required to promote health food and nutrition for all students.

PURPOSES

1. To develop a school environment that supports the Heart Foundation Food and Nutrition Guidelines.
2. To increase the knowledge of staff, students and parents about food and nutrition.

GUIDELINES

1. Food served in the school lunchroom will reflect the Heart Foundation Food and Nutrition guidelines.
2. The menu for our lunchroom is set by a supervisor in consultation with the Health, Safety and Environment Officer, Principal and Finance Manager.
3. Classroom programmes will encourage children to take responsibility for their own healthy eating.
4. Staff are encouraged to model healthy eating habits.
5. The school will not involve itself in fundraising ventures involving lollies or chocolate with the exception of the Country Fair.
6. Children are not permitted to leave the school grounds during the school day to purchase food or beverages.

Initiated: June 2006

Ratified: June 2006

Reviewed: May 2009