



Food Policy

Approved by Governing Council September 2014

This school promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and the **Eat Well SA Guidelines**. We believe that childhood is an important time for establishing lifelong, healthy eating habits and we model healthy eating habits through our Stephanie Alexander Kitchen Garden Program.

1. **Water** is the preferred drink. Only water is permitted for drinking in the classroom and children have access to drinking water at all times. Students are asked to bring a named water bottle.
2. **Food from home-**
 - a. Parents and carers are encouraged to provide healthy food and drink choices for recess and lunch in line with the **Right Bite** spectrum of 'Green Amber and Red' foods (see poster back of sheet).
 - b. **Fruit & Veg snack-** There will be an opportunity for students to bring a snack of unprocessed raw fruit or vegetables each day (eg carrot sticks, apples) in addition to recess and lunch. Class teachers will let families know the details of when students in their class can expect to eat this snack.
 - c. We ask parents **not to send lollies or chocolates** for distribution to other children. The only exception is to celebrate religious holidays, eg Christmas and Easter; if parents choose to give treats for others on these occasions they will be handed out at the end of the day.
 - d. **Litter free lunches** are encouraged.
3. **Food provided at school-**
 - a. On occasion staff may offer children the opportunity to do cooking or sample different foods as part of the curriculum. In these cases staff will ensure that food provided to children is in line with the **Right Bite** spectrum.
 - b. Food provided as part of the SAKG program complies with the Right Bite policy. It is also mostly made up of the organic vegetables and fruit from our own garden or locally sourced. The aim of the philosophy is to introduce pleasurable food education, and to teach children how to "Grow, Harvest, Prepare, and Share".
 - c. The school will limit the number of 'Red' food occasions to 2 times / term, eg P and F Hot Food days, class parties
 - d. Staff will not use food as rewards (including lollies or chocolate), as a rule. Under some circumstances approval may be given by the principal, eg pizza lunch. Treats can be given occasionally, eg as celebration, but not as rewards.
4. **On The Run lunch orders-** we do not have a school canteen, however we are fortunate to have a local business On The Run which provides nutritious lunches for students daily. Parents order from a prepared list of foods provided by On The Run, which comply with the Right Bite policy. Please note that other foods available to purchase from On The Run which do not appear on our approved list are not available for school lunch orders, eg Hotdogs.
5. **Birthday celebrations-** Students' birthdays will be celebrated with their class and teacher in a variety of ways, at each teacher's discretion, eg a birthday badge /hat, singing Happy Birthday, a small treat. We ask parents not to provide a cake or treats for their friends or for the class.
6. **Eating times**

Recess and Lunch eating times are signalled by a bell (5 minutes for recess and 10 minutes for lunch), and this time is supervised quiet eating time in either their classroom or one of the 'lunch sheds'.
7. **Allergies**
 - a. We have a **Nut Awareness Policy** and liaise with families to ensure a suitable food supply for children with health support plans that are related to food issues.
 - b. In our SAKG program the kitchen specialist works with families to ensure **children with allergies** to specific foods, such as gluten, dairy, fish and eggs have maximum access to the program without putting their health at risk.
 - c. We encourage parents to inform their child's teacher at the beginning of each year if they have specific food allergies or requirements.



Food and Drink Spectrum



GREEN

choose plenty

Encourage and promote these foods and drinks. They:

- reflect the five food groups in the circle on the 'Australian Guide to Healthy Eating'
- are excellent sources of important nutrients
- are low in saturated fat and/or sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories).



AMBER

select carefully

Do not let these foods and drinks dominate the choices and avoid large serving sizes. They:

- have some nutritional value
- contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
- can, in large serve sizes, contribute excess energy (kilojoules or calories).



RED

occasionally

These foods and drinks are banned from sale in SA school canteens and preschools. Schools and preschools can provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and/or salt

