



Endorsed by UPS Governing Council September 2025

Uraidla Primary School food guidelines

At Uraidla Primary School, we believe that childhood is an important time for establishing lifelong, healthy eating habits, and we model healthy eating habits at school. We follow the Department for Education guidelines when it comes to the food options we offer to our students. Please note that these guidelines do not generally apply to the food that parents send along with their children for recess and lunch. The only requests we have is that children only bring water to drink at school, and that they do not bring any food containing nuts, since we are a nut-aware school (see separate UPS Nut Awareness Policy).

The Department for Education has developed [food and drink supply standards for South Australian Schools \(Right Bite\)](#), which guide our procedures. Food and drink are divided into three Right Bite categories – Green (best options), Orange (choose carefully) and Red (limited allowance at schools). The Red category is further divided into Red 1 (limit) and Red 2 (do not serve to children). Red 2 items (including soft drinks, caffeinated items, lollies and deep-fried foods) will not be offered at school. Red 1 foods (for example, cakes, muffins, hot dogs, pizza, sweet biscuits) will only be on offer to children a maximum of 2 days per school term. This generally includes 2 tuck shops in each of Terms 1-3, and 1 tuck shop and an optional class party in Term 4. Please note that classes can choose to have further events involving food, eg cooking, but the food on offer will fit within the orange and green categories. Food will not be used by staff as rewards.

To implement these guidelines, we have the following procedures for tuck shops:

- Tuckshop food will be divided into green, orange and red food, as much as possible.
- Parents of the class providing food will be given a list of suggestions of what can be provided.

Other tuck shop procedures:

- We provide a pricing guide for parents running the tuckshop so it is more consistent between all tuckshops, with orange and green items cheaper. This will help parents running the tuckshop, as well as giving an indication to all parents of approximately what items will cost and how much money is appropriate to send.
- All food provided for offer at tuck shop will have ingredients listed, to ensure students with allergies are kept safe.
- Children with allergies will be able to choose their food before other children, to minimise the risk of cross-contamination of utensils, and so that they are more likely to find items in line with their needs. They will be asked to come to tuck shop once only. We encourage parents to inform their child's teacher at the beginning of each year if they have specific food allergies or requirements.
- Tuck shop food that can be ordered for lunch is in line with the Right Bite standards, with no Red 2 category options.
- Tuck shop leftovers will be given back to the families who donated them to take home.

Other notes:

- First and second Lunch eating times are signalled by the end-of-play bell. Eating time is supervised by teachers in the classroom. Children who need more time to finish their lunch may do so supervised by the class teacher while learning recommences.
- We ask that families do not provide lollies/chocolate/cake for children's class birthday celebrations or give out Easter or Christmas sweet treats at school. Instead, birthdays will be celebrated with a song in class.

- Food provided as part of our gardening program complies with the Right Bite policy. It is also mostly made up of 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”.
- We do not have a school canteen, however we are fortunate to have a local business, Maria’s Kitchen, which provides nutritious lunches for students by pre-order every Thursday via the Qkr app. Maria’s Kitchen is asked to align to the Right Bite standards and not offer any food in Red 2 category for school lunches.
- The Willow Café sits in a slightly different category to other school events involving food, since parents and carers are able to choose the food, they purchase on behalf of their children. However, the Parents and Friends will attempt to make more green and orange items available, to fit within the ‘spirit’ of the Right Bite policy.



For More Information, see the *Right Bite easy Guide to Healthy Food and Drink Supply for South Australian Schools and Preschools* and the *Department of Education Eat Well SA Guidelines*.