

Healthy Eating Policy



Toolamba PS

Rationale:

Toolamba 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.

Toolamba Primary School acknowledges that healthy eating has a long lasting and positive impact on a child's growth, development, health and capacity to learn.

Healthy eating covers all situations where food and drink is supplied in the school environment including: school excursions, school camps, fundraising events, school activities such as celebrations and sports days, as well as food used in curriculum activities.

Aim:

To create and promote a positive healthy eating culture at Toolamba Primary School.

Implementation:

School lunches and nude food

- Toolamba 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.
- The school will provide a supervised, orderly environment for students to eat their lunch.
- Vending machines selling food or drinks will not be installed in the school.
- 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, as per the Toolamba PS 'Water Only School' policy.

School lunch orders

The School Lunch Order provides a choice of healthy alternatives for parents to select from.

Excursions and Sporting Events

Students under the supervision of teachers are not permitted to purchase food at events away from school including any excursions and sporting events.

Teaching and Curriculum

- Teachers will develop student understandings of healthy eating and nutrition within the curriculum program.

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- When possible, students have the opportunity to engage in food-related activities such as planning and shopping for meals, growing, cooking and eating food. This will be supported through the Toolamba PS Kitchen Garden program.
- Food and drink (including vouchers) are not to be used as an incentive or a reward.

Special Events

- The school will endeavour to provide healthy food choices on special occasions e.g. class parties, welcome BBQs

Sponsorship and Fundraising

- Fundraising activities will not always focus on the promotion of discretionary foods that do not complement our healthy food's philosophy e.g. chocolate bars or lamingtons with the exception of two sanctioned P & F events e.g. Easter Raffle, Pie Drive.
- category of the Australian Guide to Health Eating – see Appendix)
- The school and school events will not accept sponsorship or advertising from food companies promoting discretionary foods.

Family and Community

Families and the Community of Toolamba Primary School participate in a range of special events and community events throughout the year and has a role to educate families about food and nutrition to encourage healthier eating habits at home and school by:

- Recommending that the organisers of these special events and community events include healthy alternatives, when possible, from which parents and students can choose.
- Providing a range of alternatives so that people have choice in relation to the foods that are made available.
- Encouraging healthy lunchbox choices.
- Offering school camp/excursion menus according to healthy food guidelines.
- **Parents are advised not to supply foods to celebrate student birthdays.**
- **Or**
- **Parents may send along food items to celebrate their child's birthday such as We understand some families may not be comfortable with that so they can inform the school that their child is not to participate or supply alternative items for them for such occasions.**

OSHC

Out School Hours Care operates under the school Healthy Eating Policy.

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Related Policies

- Water only school policy

Evaluation:

This policy will be reviewed as part of the school's 4-year review cycle.

References:

The NHMRC 2013 Australian Dietary Guidelines: refer to www.eatforhealth.vic.gov.au

This policy applies to food services in the school such as school events, celebrations, and sports days, vending machines and foods used in curriculum activities.

Resources and support for healthy food at school including health BBQs can be located at www.heas.healthytogether.vic.gov.au.

DET Canteen Policy

<http://www.education.vic.gov.au/school/principals/management/Pages/canteenpolicy.aspx>

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>

Appendix



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Appendix 1

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.



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Toolamba PS

FOR A HEALTHY LUNCHBOX

PICK & MIX

SOMETHING FROM EACH GROUP

1-6!

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Passionfruit halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGES</p> <ul style="list-style-type: none"> Corn cobs Carrot sticks Capcium sticks Green beans Cucumber sticks Caletary sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> Hummus Tomato salsa Tzatziki Beetroot dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn <p>SOUP (in small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Quintax <p>Tip:</p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tzatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Hotdog balls Lean meat or chicken patties Tinned tuna or salmon patties Lean beef meats (e.g. ham, salami, chicken) Boiled eggs Boiled beans (canned) Chili cubes Hummus dip Lean meat or chicken teabag sticks Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad <ul style="list-style-type: none"> Vegetable fritata Skinnies chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and straws) Homemade pizzas with lean roast or cold meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, noon, bagels, focaccia, fruit bread and English muffins.</p> <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or cous cous dishes Noodle dishes Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Chipsreads Rice cakes Corn thins Wholemeal scones Prezlets Crumpets Hot cross buns (no long) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> Please overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>



For more information about healthy eating and for many tasty recipes, visit the Healthy Eating Advisory Service: www.nees.healthytogether.vic.gov.au

*Check your school's policy regarding the use of nuts and products containing nuts.



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