**Eat Well Healthy Food Supply and Nutrition Policy**

**Rationale:**

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 relates to the DECD wellbeing strategy. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, whole body development including brain development, activity levels, good health and improved cognition
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

**Curriculum**

**Our school’s food and nutrition curriculum:**

- Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia, and the Australian Guide to Healthy Eating*
- Includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Includes opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food through their involvement in our kitchen garden program.
- Integrates nutrition across the curriculum as outlined in the SACSA\(^1\) guidelines.

**The Learning environment**

Children/students at our school:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day (water bottles allowed in the classroom)
- Will eat routinely at scheduled break times
- Eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- Utilise and maintain the kitchen garden and integrate the garden across the curriculum.

Our school:

- Provides rewards/encouragements that are not related to unhealthy food or drink
- Understands and promotes the importance of breakfast for students
- Teaches the importance of regular healthy meals and snacks as part of the curriculum
- Is a breastfeeding friendly site.

**Food supply**

Our school:

- Encourages healthy *food and drink choices* for children and students in line with the *Right Bite* strategy
- Encourages food choices which are representative of the foods of the school community
- Ensures healthy food choices are promoted and are culturally sensitive and inclusive

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\(^1\) South Australian Curriculum Standards and Accountability Framework.
Ensures a healthy food supply for school activities and events, in line with the Right Bite strategy.
- Displays nutrition information and promotional materials about healthy eating.
- Encourages a daily fruit and vegetable program such as Crunch&Sip® to:
  - Provide students with important minerals and vitamins
  - Encourage a taste for healthy foods.

**Food safety**
Our school:
- Promotes and teaches food safety to students during food learning activities.
- Encourages staff to access training as appropriate to the Right Bite strategy and associated nutrition recommendations.
- Provides adequate hand washing facilities for everyone.
- Models, promotes and encourages correct hand washing procedures.

**Food-related health support planning**
Our school:
- Liaises with families to ensure a suitable food supply for students with health support plans that are related to food issues e.g. allergies, diabetes.

**Working with families, health services & industry**
Our school:
- Invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy.
- Provides information to families and caregivers on the Right Bite strategy in a variety of ways including:
  - Newsletters
  - Policy development/review
  - Information on enrolment
  - Pamphlet/Poster displays
- Promotes the alignment of fundraising with the Right Bite strategy.

Note: At Prospect North Primary School children/students with a serious food allergy (e.g. nuts) will have a negotiated plan for the duration of that child's involvement with the class and school. This plan may be developed with and communicated to staff.

Endorsed by Governing Council.

Signed: ____________________________ Date: ____________________