ewba-PS Cluster: Clare

Revisiting the Right Bite Policy

23 June, 2011

Geoff James, Project Officer *eat well be active* – Primary Schools
• One in four South Australian children is overweight or obese

• Most SA children do not meet daily recommendations for fruit and vegetable consumption

• Australia is among the top ten countries for soft drink consumption and young males and adolescents are the highest consumers consuming almost 1 litre per day

• Poor nutrition is linked to ill health including type 2 diabetes, osteoporosis, dental caries and some cancers

• Poor health has a significant impact on learning
What are the Healthy Eating Guidelines for South Australian schools and preschools?

- Framework to promote learning, health and well being
- Reflected in school and preschool policy
- Strategies to ensure students and children learn, experience and practise healthy eating in the school environment

A partnership between the South Australian Department of Education and Children's Services and the South Australian Department of Health.
The Healthy Eating Guidelines

1. Curriculum
2. The learning environment
3. FOOD SUPPLY
4. Food safety
5. Food-related health support planning
6. Working with families, health services and industry
**Right Bite CD** (back cover of Right Bite Manual) - training powerpoint, posters, ready reckoner, sample menu, templates, **school action planner checklist**

**Right Bite DVD** (2 copies issued 2009) - key workshop themes, *Right Bite* policy, ideas for greening the menu, food safety, financial management, **whole school approaches**


downloadable resources:
It is important that schools and preschools are clear about the extent to which they are required to implement the Right Bite Strategy. This is a mandated DECS policy and as such sites are required to implement the Right Bite Strategy in all canteens and vending machines.

Your continued support in implementing this important initiative will improve healthy food and drink choices for children and students in DECS schools and preschools.

Chris Robinson
CHIEF EXECUTIVE
27 January 2009
Why do we need to have the policy?
Why do we need the policy?
Healthy choices today - healthy young people in the future!
Crunch&Sip®

Time to refuel.
Crunch some fruit or veg.
Sip some water.
Feel great.
Re-fuel

Crunch&$\text{Sip}^\circledR$ is a set break to eat fruit or vegetables and drink water in the classroom. Students ‘re-fuel’ during the morning or afternoon - assisting physical and mental performance.
Resources