



Healthy Food Policy

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Understanding - Care and Compassion - Responsibility - Doing Your Best - Respect

Rationale

Staff, students and families at Morgan Primary School aim to promote nutritional eating habits in a safe, supportive environment for all children attending our school. We believe that childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in many ways:

- ◆ Eating a healthy diet is important for **children's growth, development and learning**
- ◆ Short term: maximises growth, development and activity whilst minimising illness
- ◆ Long term: minimises the risk of diet related diseases later in life e.g. heart disease, strokes, some cancers and diabetes
- ◆ Advice from speech pathologists and dentists indicates that children should be eating crunchy foods
- ◆ Advice from professionals indicates diet has an effect on behaviour, learning and brain development

Curriculum

Our school's food and nutrition curriculum:

- ◆ Includes activities that provide children 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 children to develop practical food skills like preparing and cooking healthy food
- ◆ Integrates nutrition across the curriculum where possible
- ◆ Works with OPAL and other agencies to support healthy eating and lifestyle options
- ◆ Is part of the Australian Curriculum: Health

The Learning Environment

Children at our school:

- ◆ Have fresh, clean filtered tap water available at all times and are encouraged to drink water regularly through the day
- ◆ Are encouraged to bring their own named drink bottle
- ◆ Eat in a positive, appropriate, social environment with staff who model healthy eating behaviours

Our school:

- ◆ Teaches the importance of healthy meals and snacks as part of the curriculum
- ◆ Students are supervised during snack and meal times at all times by staff
- ◆ We will display nutrition information and promotional materials about healthy eating, and provide information updates in newsletters
- ◆ Our school will ensure a healthy food supply for school activities, celebrations and events, strictly limiting availability of high fat, high sugar, or processed foods like chips, pastries, cakes, lollies, crisps and soft drinks to no more than twice a term, in accordance with the Healthy Eating Guidelines
- ◆ Provides opportunities for students to grow their own produce in the garden and learn about sustainability
- ◆ Provides opportunities for students to have breakfast / lunch at school if the need arises
- ◆ Is a breastfeeding friendly site

FAMILIES: Food Supply

- ◆ We recommend that families follow the 'Right Bite' eating guidelines
- ◆ We encourage families to provide 'Litter Free Food.'
- ◆ Our school has the following guidelines for families for food brought from home:

<p><u>Fruit Time / Grazing Food</u></p> <p>Parents and carers are asked to supply fruit and vegetables at fruit time to:</p> <ul style="list-style-type: none"> ◆ Provide children with important minerals and vitamins ◆ Encourage a taste for healthy foods ◆ Encourage chewing which promotes oral muscle development and hygiene <p>Fresh fruits, vegetables, crackers or a slice of cheese are recommended for fruit time</p>	<p><u>Recess</u></p> <ul style="list-style-type: none"> ◆ Parents to supply healthy options - the healthy eating guidelines will still be in place
<p><u>Lunch</u></p> <ul style="list-style-type: none"> ◆ Parents to supply healthy options - the healthy eating guidelines will still be in place 	<p><u>Food safety Our school:</u></p> <ul style="list-style-type: none"> ◆ Promotes and teaches food safety to children during food learning/ cooking activities ◆ Provides adequate hand washing facilities for everyone ◆ Promotes and encourages correct hand washing procedures with children ◆ All food is stored hygienically in the fridge provided in the site

We understand that at times families may run out of fruit / vegetables and often there are donations of fruit / vegetables given to the school. A healthy sandwich (multigrain or wholemeal bread) with savoury filling or plain unsalted crackers (e.g. Vita-wheat) are most acceptable.

Foods unsuitable include: include packaged foods, cakes, sweets and chips.

- ◆ Cordials and sweetened fruit juices are not recommended

Food-related health support planning

Our school:

- ◆ Liaises with families whose children are on special diets or have specific food allergies to ensure that the site has a good understanding of that child's needs

Policy Updated and endorsed by staff and Governing Council – May 2016
Review 2019

More information can be found at <http://www.decd.sa.gov.au/eatweellsa>



About Right Bite

- ◆ *Right Bite policy has helped South Australian schools and preschools since 2008 to select healthy food and drinks - contributing to long term health and learning benefits for children*
- ◆ *Right Bite and Healthy Eating Guidelines are based on the Australian Dietary Guidelines and the Australian Guide to Healthy Eating*
- ◆ *Right Bite Easy Guide and Right Bite Food and Drink Spectrum provide a summary of the Right Bite policy using a coloured spectrum of GREEN, AMBER and RED to classify food and drinks*

Schools and preschools are encouraged to adopt healthy eating practices wherever food or drinks are provided for children.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts

