



## LAKES ENTRANCE PRIMARY SCHOOL

### Healthy Food Policy

#### Rational:

Nutrition is important to health through life and it is particularly important at times of rapid growth and development, which include the primary school years.

The school promotes healthy eating practices to students and the wider school community. The school has a Breakfast club, provides emergency lunches, fruit in all classrooms and office, lunch orders are supplied by the Lakes Entrance Secondary College Canteen and an active kitchen garden program.

#### Aims:

- Provide an enjoyable, nutritious and attractively presented selection of foods and drinks at reasonable prices as a treat or emergency lunch.
- Promote and encourage healthy food choices.

#### Implementation:

Canteen operating hours: (Lakes Entrance Secondary College)

- Offer a lunch service 5 days per week. (To be reviewed each term)

#### Nutrition policy:

- Provide foods consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and the Department of Education & Training's *School Canteens and Other School Food Services Policy*
- Link to classroom and other school activities to complement and reinforce healthy eating messages.

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#### Health Promoting Schools Framework:

- Conduct at least one promotional theme day per term promoting healthy food. These promotions will link in with the curriculum. Involve the wider school environment in activities, by including parents and families in healthy eating days and providing volunteer opportunities.
- Link in with environmental programs running in the school such as the Sustainable Schools and The Kitchen Garden programs and promote and practise environmentally friendly activities such as recycling and composting.
- Develop a wider school nutrition policy that addresses issues such as healthy fundraising and foods in class to ensure a whole school approach to healthy eating.

#### Food hygiene and safety:

- Comply with the current food safety and hygiene regulations.

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#### **1. Curriculum, teaching and learning:**

- developing curriculum that supports healthy food choices
- encouraging students to become involved in food-related activities, for example planning meals, growing foods, shopping for food products, cooking and promoting foods.

## 2. School organisation, ethos and environment:

- offering a variety of nutritious foods at the school food service and regularly changing the menu
- being creative with presentation and preparation of healthy foods
- maintaining consistent messages about healthy foods in all parts of the school operation.

## 3. Community links and partnerships:

- making links with local fruit and vegetable retailers – this could include a school visit by the retailers
- supporting an enthusiastic group of people to serve the food to students.

Follow the Traffic Light System

### Everyday category (green foods)

Foods and drinks in the Everyday category are consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are most suitable for school food services.

Foods and drinks in the Everyday category are based on the basic food groups and include:

- breads and cereals, rice, pasta, noodles
- vegetables
- fruits
- dairy foods – reduced or low-fat milk, yoghurt and cheese
- lean meat and poultry, fish, eggs, nuts\* and legumes (dried beans and lentils)
- water.

Schools should:

- encourage and promote these foods
- provide a wide range of these foods every day
- take every opportunity to include foods in this group as the main choices on the canteen menu
- promote these foods as tasty, fresh and good value choices
- present these foods in attractive and interesting ways
- include as the main choices at school events and activities involving foods.

### Select Carefully category (amber foods)

Foods and drinks in the Select Carefully category contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added. Schools are encouraged to limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the Everyday category.

Foods and drinks in the Select Carefully category include:

- full-fat dairy foods, low-fat ice-cream
- 100 per cent fruit juices and 100 per cent fruit-juice based ices
- artificially sweetened drinks
- reduced-fat processed meats
- commercially prepared hot foods
- reduced-fat, high-fibre snack foods
- margarines, oils, spreads, sauces and gravies.

Do not let these foods and drinks dominate

- Avoid large serve sizes.
- Reduce the number of these foods on the canteen menu.
- Offer these foods only on certain days of the week or limit selling time.
- Select healthier choices within this category.

- Select choices of these foods that contain fruits and/or vege tables or serve with fruits and/or vege tables.
- Do not promote vigorously at the expense of foods and drinks from the Everyday category.

### **Occasionally category (red foods)**

Foods and drinks in the Occasionally category are not consistent with the *Dietary Guidelines for Children and Adolescents in Australia* and are not recommended for school food services.

**Schools should limit the availability of these foods and drinks to no more than two occasions per term.**

Foods and drinks in this category are defined in the *Australian Guide to Healthy Eating* as 'extra foods' and include:

- sugar-sweetened drinks – sports drinks, cordial, fruit-flavoured drinks
- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods – crisps, chips, biscuits
- ice-creams and ice confections – chocolate-coated and premium ice-creams, icy-poles and ice crushes
- cakes, muffins, sweet pastries, slices, biscuits and bars.

**From 2007, high sugar content soft drinks should not be supplied through school food services.**

**This includes energy drinks and flavoured mineral waters with high sugar content. Confectionery is of minimal nutritional value. For this reason, the sale of confectionery through school food services will be phased out from 2007–09.**

**From 2009, no confectionery should be supplied through school food services.**

### **Anaphylactic (severe) food allergy (peanuts, cow's milk, egg, wheat, soy bean, tree nuts, fish and shellfish)**

Contact with certain foods can be fatal for people with allergies to these foods. The most common triggers of anaphylaxis are: peanuts, cow's milk, egg, wheat, soy bean, tree nuts (for example, cashews), fish and shellfish.

The Department of Education and Training has guidelines for schools to support students with anaphylaxis. For more information, go to:

[www.sofweb.vic.edu.au/wellbeing/support/anaphyl.htm](http://www.sofweb.vic.edu.au/wellbeing/support/anaphyl.htm)

School Community need to be aware of students with such allergies and familiar with the school's management strategies for these students.

More information about special dietary requirements is contained in the *Healthy Canteen Kit – Canteen Manual*

This policy was last ratified by School Council on:

Signed: