

Healthy Food Supply and Nutrition Policy

Food Supply and Nutrition Policy for Salisbury Downs Primary School

This policy is in line with the *Right Bite* strategy for promoting healthy eating in SA schools and preschools incorporating the *Eat Well SA DECS Healthy Eating Guidelines (2004)*.

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 DECS 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, development, activity levels and good health
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.

This food policy has been established after consultation with the staff, parents and students of the school community.

Curriculum

Our school's food and nutrition curriculum:

- 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.
- integrates nutrition across the curriculum according to ACARA 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
- have a drink bottle that can be available and refilled with water throughout the day
- have fresh fruit and vegetable available at all times to eat through the day
- will eat routinely at scheduled break times
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- will encourage "grazing for fruit and vegetables" and have a provision of fresh fruits and vegetable available for all students at to access at any time throughout the day

Our school:

- understands and promotes the importance of breakfast for students and provides access to breakfast for students as part of their daily morning routine.
- teaches the importance of regular healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site.
- will provide an emergency lunch (sandwich) on a circumstance a child is sent to school with no food. A record of supply will be documented, and the family will be contacted if it becomes a frequent occurrence.
- provides opportunities for students to incorporate the growing and preparation of healthy foods into other curriculum areas to support life skill and social/emotional development.



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
- ensures a healthy food supply for **school activities and events**, in line with the **Right Bite** strategy
- has established a **healthy school canteen** which sells and promotes healthy food choices in line with the **Right Bite** food and drink spectrum
- supports the school's **Right Bite** Healthy Canteen
- encourages a daily fruit and vegetable program to:
 - o provide students with important minerals and vitamins
 - o encourage a taste for healthy foods.

Food safety

Our school:

- promotes and teaches food safety to students during food learning activities
- provides adequate hand washing facilities for everyone
- models, promotes and encourages correct hand washing procedures
- supports a canteen which is accredited in appropriate food safety standards.

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 eg allergies, diabetes.

Salisbury Downs Primary School would like to acknowledge and thank the staff at Hollywood Fresh for their ongoing support with the supply of fruits and vegetables which assists in actioning this policy.

Shop 23 Hollywood Plaza



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