

## HEALTHY FOOD AND DRINK POLICY

### **Policy Statement**

The College recognises there is an important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. It acknowledges that schools are an important educational resource for young people and the wider community and therefore has a key role in health promotion of appropriate dietary requirements.

### **Our College will:**

- Ensure all students have access to drinking water throughout the school day.
- Ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- Provide an effective canteen service that provides healthy food in a manner that complies with all health regulations and requirements.
- Promote healthy dietary habits within the school and wider community by helping to raise awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, as well as hygienic food preparation and storage methods.
- Acknowledge the disadvantages of a high sugar, high fat diet and its impact on learning and general wellbeing.
- Work in conjunction with "Health Together Latrobe" to promote and educate students to eat healthier.

### **Implementation:**

- The College will work within the guidelines set out by the 'Go For Your Life' – Healthy Canteens Policy, 2007 and the Confectionary Guidelines, 2009.
  - Foods defined in the Australian Guide to Healthy Eating as being unhealthy shall be limited to no more than two occasions per term.
  - The school will ensure that the curriculum is in line with the Health Promoting Schools Framework which encourages students to become involved in food-related activities.
  - Students will be educated within the curriculum about food categories such as Select Carefully (amber foods), Occasionally (red foods) and the Everyday foods (green foods).
  - Canteen and other food-related activities offered will be nutritious, creative and maintain a consistent message about healthy foods in all parts of the school operation.
  - The school food services will consider any special dietary requirements to enable all students the opportunity to enjoy a healthy lunch from the canteen.
  - Students will be encouraged to have adequate water throughout the day and supported to have bottled water within the classroom.
  - Teachers and students will work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.
- Dietary education will be in line with the Dietary Guidelines for Children and Adolescents in Australia, 2003.
- The College is aware of the dangers of energy drink consumption and will consequently be responsible for educating students and excluding these types of drinks from the College

where practical. Students failing to comply with this policy will be referred to the College’s student management policy.

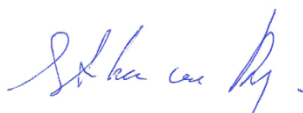
- Education about Healthy Dietary requirements will be exercised across as many subject areas as possible and also promoted within newsletter articles, breakfast clubs, fundraisers and other food-related school activities.
- School canteens or places within the College that sell, prepare, package, store, handle, serve or supply any food for sale will comply with The Food Act of 1984.

**Links:**

<http://www.education.vic.gov.au/school/principals/management/Pages/canteen.aspx>

**Evaluation**

This policy will be reviewed as part of the College’s four year review cycle.

<b>Date Implemented</b>	Week 3 – Term 2 – 2014 V1
<b>Approval Authority (Signature and date)</b>	 31/7/19
<b>Dates Reviewed</b>	Week 7 – Term 4 – 2014, 2/6/15 V2 Week 1 – Term 3 2019 – V3
<b>Responsible for Review</b>	Student Welfare Committee
<b>Next Review date</b>	Week 3 – Term 3 - 2023