



HEALTHY FOOD & DRINK POLICY

POLICY STATEMENT

It is a requirement for compliance with the Department of Education's Healthy Food and Drink policy that schools have a written Healthy Food and Drink policy.

The Australian Dietary Guidelines and the Australian Guide to Healthy Eating establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Kambalda Primary School's Healthy Food and Drink policy:

- is underpinned by the Australian Dietary Guidelines, the Australian Guide to Healthy Eating and the Health Promoting Schools Framework
- is compliant with the Department of Education's *Healthy Food and Drink* policy
- applies to classroom rewards, cooking activities, school camps and excursions
- applies to all operators of a canteen or tuckshop including Parents and Citizens' Associations, external contractors and local caterers/shops that provide a food service to the school.

WHOLE SCHOOL APPROACH

Kambalda Primary School will work to support healthy eating, adopting a whole school approach, so consistent messages can be promoted through the curriculum and social and physical environments.

The policy aims to:

- contribute to the health and wellbeing of students and staff
- support the Australian Dietary Guidelines and Guide to Healthy Eating
- create a supportive culture where healthy food and drink choices are valued and encouraged
- support a traffic light system of categorising food and drinks

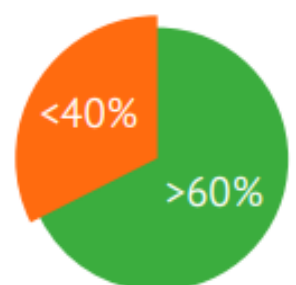
Green - fill the menu Amber - select carefully Red - off the menu



Green = always available



Snacks and drinks = restrict
Savoury commercial items = 2 days/week



We will promote healthy lifestyles through the following:

- school breakfast program
- daily fitness programs
- newsletter communications (at least 1 per term) on healthy eating and/or health promoting messages
- non-food related fundraising initiatives
- Crunch & Sip
- fundraising initiatives which promote physical activity such as lap- a-thons

IN CLASSROOMS

To support the promotion of Healthy Food and Drink choices teachers will:

- Contribute to a whole school approach to healthy eating
- Advocate for adherence to the HFD policy
- Advocate for healthy catering at staff meetings and events
- Role model the consumption of healthy food and drinks (green)
- Ensure healthy choices are included in class parties
- Link healthy eating messages to the curriculum; support other programs such as Crunch & Sip and Foodbank school breakfast program
- No 'red' food and drinks for school fundraising activities and on excursions

Teachers will not use:

- Any food and drink as classroom rewards
- Any 'red' food and drink in cooking activities (exceptions include food preparation techniques that are essential competencies of the vocational curriculum).

SCHOOL CANTEEN & EXTERNAL FOOD SERVICE PROVIDERS

At present the school does not have a canteen or external food service provider and therefore does not have inclusions in this policy for them. Should the situation change and a canteen or food service provider be engaged to cater for students in any capacity, this policy will be updated immediately to include the relevant details ensuring legislative, government and department requirements are met.

EVALUATION AND RATIFICATION

This policy will be reviewed every two years by the Principal, Deputy and staff to ensure it stays current and relevant.

The policy will be presented to School Council for ratification.

This policy was last ratified by the Kambalda Primary School Council in

March 2022