

# ASCOT VALE PRIMARY SCHOOL

## HEALTHY EATING POLICY

Approved by School Council 21 May 2018

### SCHOOL STATEMENT

Ascot Vale Primary School (AVPS) aims for parents, teachers and students to work together to build a school culture in which students actively choose nutritious food and a healthy lifestyle.

### PURPOSE

This policy is to ensure that all food services meet food handling legislation and reflect the healthy eating guidelines set out by the Department of Education and Training Victoria.

The Dietary Guidelines for Children and Adolescents in Australia encourages students to:

- enjoy a wide variety of nutritious foods
- eat plenty of vegetables, legumes, fruits, breads, cereals, rice, pasta and noodles
- include lean meat, fish, poultry and/or alternatives
- include milk, yoghurt, cheese
- choose water as a drink
- limit saturated fat and moderate total fat intake
- choose foods low in salt
- consume only moderate amounts of sugars and foods containing added sugars.

### DEFINITION

While AVPS does not have a canteen, we do provide limited food services, such as 'special lunch days', 'fresh fruit Fridays' and special events where food is catered for students, staff, parents, and in some cases, guests. There are also fundraising events throughout the year such as the school fete, icy poles sold after school and cupcake stalls. These all constitute a food service.

A health food service:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with the *Dietary Guidelines for Children and Adolescents in Australia*
- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents and the wider school community
- is an integral part of the entire healthy school environment.

### IMPLEMENTATION

The school's food services and curriculum programs on healthy eating should be complementary. Positive peer pressure within the education setting can create a culture in which nutritious foods and a healthy lifestyle are actively chosen. This culture should permeate the entire school environment and can have an impact on choices made by students about food consumption when they are not at school.

The State Government of Victoria's *Healthy Canteen Kit - School canteen and other school food services policy* divides food and drink into three categories. The three categories:

- Everyday category (Green foods)
- Select carefully category (Amber foods)
- Occasional category (Red foods). These foods and drinks should be limited to only twice per term when provided as a food service.

Planning for food services including fundraising events will consider and refer to these three categories. Fundraising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy.

Where appropriate, the teaching and learning program will promote healthy eating across the school.

All food prepared, transported, stored and provided as part of a food service associated with AVPS will comply with food safety standards. Please refer to the AVPS Fundraising Policy *Safe Food Handling* for policy requirements.

The Principal will ensure that a supply of drinkable water is available at the school at all times. The school encourages Parents / Carers to provide water as the drink of choice in lunch boxes. Students will have access to their own water bottles during class lessons.

Staff members will be encouraged to model healthy eating habits whilst in the classroom.

Staff are to inform the Principal of students who appear to be provided with inadequate lunches.

#### **REVIEW OF POLICY:**

***This policy is to be reviewed every three years. Next review is due May 2021***

#### **REFERENCES**

[Healthy Canteen Kit – School Canteens and Other School Food Services Policy](http://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf) – information about building a school culture in which students actively choose nutritious foods and a healthy lifestyle.  
<http://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>

[Healthy Canteen Kit – Food Planner](http://www.education.vic.gov.au/Documents/school/principals/management/gfylplan.pdf) – assists schools and canteens to make appropriate healthy food choices.

<http://www.education.vic.gov.au/Documents/school/principals/management/gfylplan.pdf>

Healthy Eating Advisory Service – Improving wellbeing through healthy eating.

<http://heas.health.vic.gov.au>