



## ASCOT VALE PRIMARY SCHOOL HEALTHY EATING POLICY

Approved by School Council – XXXX

### SCHOOL STATEMENT

Ascot Vale Primary School 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 reflect the *Dietary Guidelines for Children and Adolescents in Australia* (National Health and Medical Research Council 2003). In summary, 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 Ascot Vale Primary School 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. Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy.

All food prepared, transported, stored and provided as part of a food service associated with Ascot Vale Primary School will comply with food safety standards, and will be safe to eat in accordance with the Victorian Food Act 1984 and the subsequent Food Amendment Act 1997 and the Food Amendment Act 2001.

Food safety and handling requirements cover personal hygiene practices, food preparation practices, food storage and cleaning procedures.

Personal hygiene requirements include:

- washing and drying hands before handling food and frequently during work
- not smoking near food
- not preparing or serving food when sick with a gastric disorder or contagious disease
- using a handkerchief or tissue when coughing or sneezing.

Food preparation requirements include:

- ensuring that food is handled by either a gloved hand or by utensils
- ensuring that benches are clean
- ensuring that there are suitable areas for food preparation (animals are forbidden in these areas)
- avoiding cross-contamination of cooked and raw foods – hands or utensils that have been used to prepare raw foods must be washed properly before they are used to prepare ready-to-eat or cooked foods.

Food storage requirements involve:

- ensuring that cold food is stored below 5°C
- ensuring that frozen food is stored below minus 15°C
- ensuring that hot food is maintained at over 60°C
- minimising the time that food is kept in the danger zone, that is between 5°C and 60°C – the temperature range at which bacteria are most likely to grow
- ensuring that when cooling hot, potentially hazardous food it is cooled within two hours from 60°C to 21°C and within a further four hours to 5°C.

Cleaning requirements involve:

- ensuring that all food preparation areas are cleaned after every use
- having procedures for the storage and disposal of garbage and the location of bins.

At least once per year the whole school will focus upon a theme of healthy foods.

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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 XXXXXXXX*

**REFERENCES**[Healthy Canteen Kit – School Canteens and Other School Food Services Policy](#)

– 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](#) – assists schools and canteens to make appropriate healthy food choices.

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

Dietary Guidelines for Children and Adolescents in Australia (National Health and Medical Research Council 2003)

[www.health.gov.au/nhmrc/publications/\\_files/n30.pdf](http://www.health.gov.au/nhmrc/publications/_files/n30.pdf)

**Rationale:**

**Implementation:**