

# HEALTHY FOODS

## NARANGA SCHOOL POLICY

### Rationale:

- Healthy nutritional habits are essential to the growth and development of children.
- Consuming nutritious food and adopting a healthy lifestyle assist students to grow and develop to their optimum potential leading to improved educational outcomes.

### Aims:

- To develop within students an informed appreciation of healthy eating habits.
- To ensure encourage the consumption of food products known to be associated with health problems (eg. obesity and teeth decay) are not consumed by students at the school.
- To ensure that a variety of nutritious foods/ drinks and snacks are available for purchase within the school.

### Implementation:

- The school Trade Kitchen/ Canteen will promote a good selection of nutritious, tasty and attractive foods consistent with guidelines for school canteen services.
- The school will be respond positively to current and future memorandums outlining school responsibilities in regard to School Canteen Food Services.
- The school will promote *Healthy Eating* via entries in the school newsletter, special healthy food lunch days and through staff modelling healthy eating habits within the school environment.
- The principles of *Healthy Eating* and a healthy lifestyle will be promoted through curriculum, teaching and learning across the school.
- Limitations on the quantity of less nutritious foods available to students, will be actively encouraged by staff.

### Evaluation:

- This policy will be reviewed as part of the school's review cycle.

This policy was last ratified by School Council in....

March 2015