



## Healthy eating policy

Lakeside College

Review Date: February 2021

Next Review: February 2024

## Introduction

Healthy Eating Policy	
Created by:	Lakeside College Community
Current version:	1.0
Applicable for:	All Lakeside College community members

## Rationale

Lakeside College is committed to supporting the wellbeing of students, staff and our wider community. As such, the College acknowledges the link between healthy eating and holistic wellbeing.

This policy aims to:

- encourage enjoyment of healthy eating and drinking habits within our school and the wider community.
- reinforce healthy eating practices across the school curriculum.
- ensure that all aspects of food and nutrition in the school promote the health and wellbeing of students, staff and visitors.
- equip students with the appropriate knowledge and skills to enable them to make healthy lifestyle choices throughout their life.
- equip parents with the appropriate knowledge and skills to enable them to assist their children to adopt healthy eating practices.
- ensure the College meets the requirements of being a school in receipt of funding from the Victorian Government.

## Context

For the purposes of this policy, 'Healthy eating includes' health priority area focuses on supporting healthy eating, including nutrition, positive food habits and food literacy.

Healthy eating includes eating a wide variety of foods from the five food groups each day. These are:

- fruit
- vegetables and legumes/beans
- grain (cereal) foods, mostly wholegrain
- milk, yoghurt, cheese, and alternatives
- lean meat, poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans.

Healthy eating also means eating in a way that is socially and culturally appropriate, having regular meals and snacks and eating food to satisfy hunger, appetite and energy needs.

The cultural diversity of the school community will be considered when implementing a healthy eating policy.

Discretionary/sometimes food and drinks are high in saturated fat, added sugar, and/or added salt. They typically have very little nutritional value and are often processed and packaged.

Discretionary foods and drinks include:

- chocolate, confectionery, jelly
- sweet biscuits, high fat/salt savoury biscuits, potato chips
- high sugar/high-fat cakes and slices
- cream, ice cream
- deep-fried foods (e.g. hot chips) and pastry-based foods (pies, sausage rolls and pasties)
- most fast food and takeaway foods
- some processed meats (e.g. sausages, frankfurts/hot dogs, salami, Strasbourg, devon, some commercial chicken nuggets and fish fingers)
- soft drinks, fruit drinks, cordial, sports drinks, sports waters, sweetened waters, energy drinks, flavoured milk, flavoured mineral water, iced teas and energy drinks.

Food literacy is “a collection of inter-related knowledge, skills and behaviours required to plan, manage, select, prepare and eat food to meet (dietary) needs.”

## Implementation

### *Water*

- All students are encouraged only to bring water to the school. Students are encouraged to have only their water bottles on their tables and are encouraged to drink water throughout the day.
- Students have access to drinking taps strategically placed throughout the school to use during the day.

### *Bringing recess and lunch from home*

- Families are encouraged to provide healthy food for their child to bring to school. This can be eaten over the two eating times.
- Fresh fruit and vegetables will be encouraged to be part of both eating opportunities.
- Nude food is strongly encouraged.
- Water is encouraged as the main drink for thirst, and students may have a water bottle accessible in the classroom.
- Confectionery should not be packed as part of school lunches. Lollipops present a significant student safety risk and may not be consumed by students at any time.

- Students are not to bring energy drinks or soft drinks from home and consume them on school premises at any time due to significant health risks associated with these beverages.

### *Catering*

As per the Department of Education guidelines, the College will not provide or serve 'discretionary' foods to students on campus. This includes:

- Biscuits/cakes/sweet muffins/doughnuts
- Pastries/pies
- Processed meats
- Fried food
- Potato chips, crisps and extruded snacks
- Soft drink, cordials, fruit drinks, vitamin waters, energy and sports drinks

### *Student birthdays*

- Parents are advised not to supply food or lolly bags to celebrate student birthdays. The school will promote alternative positive ways to celebrate children's birthdays.

### *Class parties*

- Due to the risk posed to students with allergies, the high consumption of 'discretionary foods' and food poisoning risk from poorly stored food, the College does not allow food to be served during class parties.

### *Food and drink as a reward*

- College staff and volunteers will not use food or drink as a reward at any time.

### *Sponsorship and Fundraising*

- The College and College events will not accept sponsorship or advertising from food companies promoting discretionary foods.
- The College PTFA may undertake food based fundraising drives from time to time but these will not be confectionary based nor be made directly available to students.

### *College events*

- College events open to the general public are exempt from this policy.

## *PTFA lunch orders*

- The College PTFA will make every effort to provide lunch orders in keeping with this policy.
- However, as lunch orders infrequently occur during the year and they may include discretionary items such as pizza and savoury pastry items.
- However, lunch orders will not include confectionary of any kind or soft drinks. Beverages supplied will be low sugar or contain no added sugar.

## *Food Technology Studies*

- The College Food Technology program is built around health eating philosophies and programs. As such, the subject area is exempt from this policy.

## *Staff engagement with Healthy Eating*

- Staff members have access to filtered water to fill up their drink bottles in the staffroom.
- Staff members will be encouraged to model healthy eating habits whilst at school.

## *Medical needs*

- Students in need of high sugar foods to assist with the management of health issues may consume these as needed under supervision.

## **Evaluation**

This policy will be reviewed triennially.

## **Acknowledgements**

Based on a policy from Glenroy Primary School