



## COMET HILL PRIMARY SCHOOL

**School Goal Area : Management**  
**Policy : Healthy Eating**

**Last Review : New Policy**  
**Endorsed by School Council : 8<sup>th</sup> June, 2006**

### **Purpose :**

- Consuming nutritious food and adopting a healthy life style assist students to grow and develop to their potential leading to improved educational outcomes. A healthy diet plays a preventative role in relation to nutrition-related conditions and diseases. This can have a considerable influence in the development of their eating habits, growth patterns and energy levels.

### **Aims:**

- To develop a whole school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle.

### **Implementation:**

- Menus developed for the canteen, lunches, school events, the Breakfast Program, camps, After School Care and fundraising events will be planned and monitored to ensure variety whilst fulfilling obligations to provide a nutritional balance.
- The range of food will cater to a range of socio-economic levels and tastes.
- The quantity and/or frequency of the availability of foods high in fat and/or sugar will be limited.
- Lunch time snacks will be sold through the canteen at the beginning of lunch times on designated days.
- All food will be divided into 3 categories :
  - 1. GREEN : Eat more of these**  
These are good sources of nutrients, contain less saturated fat and/or added sugar and/or salt and help to avoid an intake of excess kilojoules.
  - 2. AMBER : Eat moderately, not too often**  
These foods are mainly processed foods that have had some sugar, salt or fat added to them.  
These foods need to be selected carefully because in general they have some nutritional value; moderate levels of saturated fat and/or added sugar and/or added salt; can in larger serve sizes contribute excess energy (kJ).
  - 3. RED : Eat only every now and again.**  
These foods need to be eaten only occasionally – lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ)
- Treats and rewards offered by class teachers will be required to fit in the Green and Amber categories.
- The canteen and fundraising events will be managed by the school's Parents Association.
- The school will have at least 3 parents trained in food handling and 1 food handling supervisor.

- Volunteers – parents, students – will have food handling procedures explained to them by the trained food handler in charge.
- Lunches supplied by a local shop will need to fit in the set criteria.
- Special Meal Deal days will be organised by the Parents Association.
- Students will be involved in developing the menu and handling food.
- The Newsletter will be used to provide families with information on healthy eating
- The food safety program will be prepared and registered with the local council.
- School Council will have the opportunity to be involved in the planning processes and decision making in respect to the Canteen operation.
- Parents will be provided with an opportunity to be involved with the canteen by way of a roster for helpers.
- Any profit made will be used to support the Breakfast Program and food tastings; and also to reduce the cost of targeted school programs (eg. cost of buses)

**Evaluation:**

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