



### **RATIONALE:**

- Healthy nutritional habits are essential to the growth and development of children.

### **AIMS:**

- To develop within students an informed appreciation of healthy eating habits.

### **IMPLEMENTATION:**

- The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting School strategy.
- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- The school canteen will promote a good selection of nutritious, tasty and attractive foods consistent with the 'Dietary Guidelines for Children and Adolescents – 1995' and operate in a manner consistent with suggestions contained within the [Healthy Canteen Kit](#).
- The canteen coordinator will ensure that all foods served at the canteen comply with DEECD guidelines.
- The canteen will not sacrifice healthy foods for the sake of profits.
- The canteen will not sell soft drinks or lollies.
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fruit during class time unless it is deemed by the classroom teacher to be inappropriate to do so.
- Staff are to inform the Principal of students who appear to be provided with inadequate lunches.

### **EVALUATION:**

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

This policy was last ratified by School Council in August 2015

Name of School Council President Nick Bliss

Signature of School Council President.....