

Rationale

Health and fitness are essential to individuals reaching their potential in all aspects of their development. Nutrition is an important component of health and fitness and something over which an individual exercises choice and control.

Eating choices are ultimately the responsibility of the individual but the home and school environment can influence decisions in a positive way to counteract negative messages promoted elsewhere.

Good nutrition is not about good and bad foods but rather food uses/choices. The school has the responsibility (under its role of educating the child) to promote good nutrition through its policies and practices.

1.0 PURPOSE OF POLICY

1.1 To encourage students to develop the knowledge, skills and attitudes to enable them to make healthy food choices

2.0 PRINCIPLES

2.1 The promotion of the importance of a healthy diet should be a whole school responsibility

2.2 School practices should encourage positive food choices

2.3 The expertise of members of the local community should be utilised in educating parents, students and teachers about nutrition

2.4 The cafeteria should implement the nationally-consistent minimum school canteen guidelines in the ‘A National Healthy School Canteen Framework’ and follow the Government School Canteens and Other Food Policy, in line with “Go For Your Life” Initiative.

2.5 Traditional uses of food for special occasions and cultural events should be recognised

3.0 HOW POLICY WILL BE PUT INTO PRACTICE

3.1 The school Curriculum will:

- Reflect the nutritional principles as outlined in the Health and Physical Education Standards
- Assist students in understanding promotion, packaging and product development of food

3.2 Maximum use of the cafeteria will be promoted by:

- Offering the widest range of foods within the nutrition guidelines
- Creating a comfortable and pleasant physical environment

3.3 The cafeteria Manager will oversee all cafeteria operations as outlined in the Cafeteria duty statement

3.4 The Cafeteria Manager will work with the Stephanie Alexander Kitchen Garden Team to provide opportunities for SAKG to supply seasonal food items for purchase where possible

3.5 School practices will encourage products other than food be given as incentives or rewards

3.6 The promotion of food for fundraising activities will reflect the nutrition principles outlined in the Health and Physical Education Domain of the Victorian Curriculum