

APPLECROSS PRIMARY SCHOOL HEALTHY EATING GUIDELINES POLICY



PURPOSE

- To promote a culture that fosters healthy eating habits of students at school
- To comply with department of education and training guidelines on healthy eating
- To ensure staff, students, parents and visitors are informed about the healthy eating guidelines and the school's approach to implementing these

RATIONALE

Applecross primary school is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The school and staff promote a culture of healthy eating and are committed to providing relevant information, skills and resources to students and caregivers.

GENERAL GUIDELINES

In general the school promotes healthy eating in the following ways:

- Education to students as part of the curriculum on making healthy food choices and developing healthy eating habits.
- Providing [information and resources](#) (eg pamphlets, posters) of a general nature to students and caregivers.
- Where special occasions occur within the school or classroom and snacks are provided, healthy food choices are recommended.
- Classroom rewards provided to students are not to include unhealthy snacks such as chocolates or lollies.
- When celebrating a child's birthday, if parents wish to send a cake to school (and you certainly don't need to send anything if you don't want to) we ask that you supply only small cupcakes or muffins. Anything more than this will be sent home.
- Students are encouraged not to swap their recess and lunch meals with other students.
- Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day.
- Teachers should be judicious in their approach to giving non-nutritious foods and drinks out in class. On occasion some curriculum areas such as maths, science and the humanities may require the tasting of amber and red foods but this is to be kept to a minimum.
- Non-nutritious foods are acceptable for special events such as school fairs, the annual Easter egg hunt and end of term parties however lollies are not to be included.
- Teachers may notify parents if there are concerns regarding the nutritional value of student lunches.

REFERENCE DOCUMENTS

crunchandsip.com.au Healthy Lunchboxes

[ASCIA Guidelines for Prevention of Anaphylaxis in Schools \(2015\)](#)

[Foodsafe Guidelines](#)