



Eppalock Primary School Healthy Eating Policy

Purpose

Eppalock Primary School recognises and values the importance of healthy eating in promoting people's health and wellbeing. Our school is committed to creating a health promoting environment which supports our school community and visitors to make healthy food and drink choices.

Aim

This policy aims to support and encourage healthy eating at Eppalock Primary School. Through this policy, Eppalock Primary School will work to ensure healthy food and drinks are promoted and made available at, school functions and events, through onsite food provision (e.g. special lunch days organised by parent club, items provided through food share), meetings and school and student fundraising.

Serving and providing healthier food options in the school is an important part of promoting health and wellbeing among our students and wider school community. Healthy eating is essential for good health and contributes to positive wellbeing. Eppalock Primary School is in a key position to encourage and support a healthy lifestyle for our students and community by providing and promoting healthier foods and drinks whenever catering is provided.

School and workplace environments that support health can significantly contribute to improved health and wellbeing of their students, staff and families by reducing health risk factors. Increasing the availability of fruits and vegetables, and limiting the availability of high fat, high sugar, high salt and nutrient-poor foods and drinks (such as deep-fried foods and soft drinks) are key components of the Eppalock Primary School healthy eating policy.

Objectives

The objectives of this policy are to support:

- Students, staff, families and the wider community to make healthy food and drink choices by:
 - creating a healthy eating culture and environment which supports healthy food and drink choices
 - increasing availability and promotion of healthier foods and drinks
 - decreasing availability and promotion of unhealthy foods and drinks
 - increasing Eppalock Primary school community knowledge and skills regarding healthy eating

Where does this policy apply?

This policy aligns with the Education Department's policy for a healthy eating policy in all Victorian Government schools including primary, secondary, special and language schools. The Eppalock Primary School policy applies in all areas where foods and drinks are sold or provided to students, staff, families and wider school community. This includes:



- Special Lunch Days provided by parents club.
- catering provided for meetings, functions and events (such as workshops, conferences, community events, lunches, celebrations and ceremonies).
- School and student fundraising activities and events
- rewards, incentives, gifts, prizes and giveaways
- advertising, promotion and sponsorship
- school curriculum activities
- foodshare provision

The policy does not apply to food and drinks brought from home by employees (for example, birthdays or morning teas). However, employees are encouraged to consider providing healthy options at all times and to avoid promoting unhealthy fundraising activities (such as chocolate or confectionery drives) in public places, such as staffrooms.

Procedure

Table 1 outlines the requirements that Eppalock Primary School will undertake to support and encourage health eating.

Table 1. Requirements for supporting healthy eating at Eppalock Primary School

Food and drink choices	
Area	Requirements
Catering (meetings, functions, Events, special lunch days)	<ul style="list-style-type: none"> • GREEN choices are promoted • AMBER choices are not promoted at the expense of GREEN choices • RED choices not promoted and are limited to a maximum of 2 occasions per term. • The school logo is not used alongside RED choices • RED choices are provided in the smallest size available • Confectionary or high sugary drinks are not provided
Advertising and promotion	<ul style="list-style-type: none"> • GREEN choices are promoted • AMBER choices are not promoted at the expense of GREEN choices • RED choices not promoted • The school logo is not used alongside RED choices • RED choices are provided in the smallest size available
Culture and Physical environment	
Area	Requirements
Fundraising, prizes, giveaways	<ul style="list-style-type: none"> • Staff are encouraged not to use RED choices for awards, prizes and giveaways at school. • Fundraising activities promoting unhealthy foods and drinks are minimised during the year, with healthier options or fundraising opportunities not related to food and drink encouraged. Where RED choices might be used, the fundraising group will be encouraged to offer a healthy alternative/option for those who wish to take it. (e.g sugar free icy poles or soft drinks)
Infrastructure to support healthy foods and drinks	<ul style="list-style-type: none"> • The physical environment (including appliances and resources) supports healthy food and drink choices

Supporting breastfeeding	<ul style="list-style-type: none"> Where necessary, strategies will be put in place to support those needing to breastfeed.
Contracts, leases and tenders	<ul style="list-style-type: none"> Healthy Choices is incorporated into tenders, contracts and leases that relate to supply of foods and drinks
Information and education	<ul style="list-style-type: none"> Information and education are provided to students and our families through Living Green and Physical Education programs.
Communication and community engagement	<ul style="list-style-type: none"> Involvement with community healthy eating initiatives are encouraged Collaboration with local health promotion workers and local councils Establishing a school vegetable garden

Responsibilities

The Eppalock Primary School, School Council is responsible for the Eppalock Primary School Healthy eating policy and will assist staff with the implementation and promotion of the policy requirements.

All staff, students and families of Eppalock Primary School have a shared responsibility to support the policy, as outlined in Table 2.

Table 2. Responsibilities

Managers are responsible for:	Staff, students and families of Eppalock Primary School are responsible for:
<ul style="list-style-type: none"> Ensure staff, students and families of Eppalock Primary School are aware of this policy and have access to it Creating an organisational culture that supports healthy eating Supporting implementation and review of this policy with school council Seeking feedback from employees Providing opportunities for students to develop healthy eating knowledge and skills through curriculum programs 	<ul style="list-style-type: none"> Being aware of the Healthy eating policy Observing the policy procedures where possible Maintaining an organisational culture that supports and promotes healthy eating
	<p>Staff, students and families of Eppalock Primary School involved in food and drink provision are responsible for:</p> <ul style="list-style-type: none"> Understanding the policy Ensuring food and drinks provided comply with the <i>Healthy Choices guidelines</i>

Guiding principles

This policy has been developed in line with the following government guidelines:

- Australian dietary guidelines and Australian guide to healthy eating
- Healthy choices: food and drink classification guide
- Department of Education and Training School Canteens and other school food services policy

Related policies

- Student Wellbeing Policy



Communication

Staff, students and families of Eppalock Primary School are encouraged to actively contribute to all stages of development and review of this policy.

The policy will be made easily accessible through the school website.

Parents Club and Foodshare coordinators will be notified of any changes to the policy. The policy will be actively advertised and promoted in shared spaces in the school (staffrooms, kitchen).

Staff will have opportunities to provide input at all stages of policy development and review.

The policy will be easily accessible to staff and volunteers and will be made available in shared spaces (for example, staffrooms and kitchens), via newsletters and email communication and the school website.

Key stakeholders, including staff, volunteers and food and drink suppliers (parents club and Foodshare coordinators) will be notified of the introduction of the policy and any changes made.

Food and drink categories Everyday category (Green)

Foods and drinks in the Everyday category are consistent with the Australian Dietary Guidelines and are most suitable for school food services.

Foods and drinks in the Everyday category are based on the basic food groups and include:

- breads and cereals, rice, pasta, noodles
- vegetables
- fruits
- dairy foods – reduced or low-fat milk, yoghurt and cheese
- full-fat dairy foods, low-fat ice-cream
- lean meat and poultry, fish, eggs, nuts* and legumes (dried beans and lentils)
- water.

Select Carefully category (Amber)

Foods and drinks in the Select Carefully category contain some valuable nutrients, but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added.

Schools are encouraged to limit the availability of these foods. They should not be promoted at the expense of foods and drinks from the Everyday category.

Foods and drinks in the Select Carefully category include:

- 100 per cent fruit juices and 100 per cent fruit-juice based ices
- artificially sweetened drinks
- reduced-fat processed meats
- commercially prepared hot foods
- reduced-fat, high-fibre snack foods



- margarines, oils, spreads, sauces and gravies.

Occasionally category (Red)

Foods and drinks in the Occasionally category are not consistent with the Australian Dietary Guidelines and are not recommended for school food services.

Schools should limit the availability of these foods and drinks to no more than two occasions per term.

Foods and drinks in this category include:

- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods – crisps, chips, biscuits
- ice-creams and ice confections – chocolate-coated and premium ice-creams, icy-poles and ice crushes
- cakes, muffins, sweet pastries, slices, biscuits and bars
- cream, butter and coha.

Should not be supplied

The following should never be supplied due to their high sugar content:

- **High sugar content soft drinks** including energy drinks and flavoured mineral waters with high sugar content.
- **Confectionery** including chocolate, lollies, yoghurt compound and coatings, fudge and chewing gum, for further information, see <https://www.education.vic.gov.au/school/teachers/health/Pages/canteenconfect.aspx>.

Links

For further information about school healthy eating advice;

<https://www.education.vic.gov.au/school/principals/spag/health/Pages/healthyeating.aspx>

Review and monitoring

It will be reviewed in 2021.