Healthy Foods Policy

**Definition / Philosophy**
- The Gembrook Primary School philosophy for Healthy Eating is based on the Australian Guide to Healthy Eating. This guide divides foods into 3 broad groups:
  - **Group 1**: Eats lots of fruit and veggies (2 plus 5 serves daily), breads cereals, beans and lentils.
  - **Group 2**: Eat some, but not too much of – dairy products, meat, eggs, chicken (without skin), fish and nuts.

Group 1 and 2 are essential parts of a healthy diet, containing vitamins, minerals, fibre, complex carbohydrates, essential fatty acids, and protein. Excessive processing of these foods, as well as the addition of sugar, salt, flavourings and saturated fats can turn these foods into poor food choices, or Group 3 “sometimes foods.”

- **Group 3**: “Sometimes foods” – chips, lollies, chocolate cakes and biscuits, hamburgers, hotdogs, pies, pasties and sausage rolls, foods with additives, soft drinks and many other “fast” foods. Group 3 foods contain excessive amounts of sugar and/or salt and/or saturated fat, and may contain additives, which can have physical and behavioural side-effects in some children.

The Gembrook Primary School Healthy Eating Philosophy acknowledges that Group 3 foods (“sometimes foods”) may be a small part of a healthy diet. These foods have a role as “treats” and can have an important part in celebrations such as birthdays and cultural events e.g. Easter. Group 3 foods should not comprise more than 10% of the total diet, and should be consumed in addition to, rather than instead of, food from Groups 1 and 2.

**Rationale:**
- Healthy nutritional habits are essential to the growth, and physical and mental development of children.

**Aims:**
- To develop within students an informed appreciation of healthy eating habits.
- To ensure that the school promotes a healthy eating philosophy.

**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’.
- The canteen coordinator will ensure that all foods served at the canteen comply with the school council’s approved healthy foods list.
- The canteen will not sacrifice healthy foods for the sake of profits.
- Endeavours will be made to ensure that healthy foods and drinks will be available to all students at activities such as sporting events.

This policy was last reviewed in 2007
• The principal will ensure that a supply of potable water is available at the school at all times.
• At least once per year the whole school will focus upon a theme of healthy foods.
• Staff members will be encouraged to model healthy eating habits whilst at school.
• Students will have access to their own water bottles during class lessons, and time will be given to eat fruit during Fruit Time at mid morning.
• Fund raising activities will include the promotion of healthy foods that complement our healthy foods philosophy eg: fruit in season.
• Fund raising may also include items from Group 3 – ‘Sometimes foods.
• 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.