



Healthy Food & Drink Policy






Healthy Eating

The school will promote healthy eating within the school community; and develop and implement a school-based policy for the provision of healthy food and drinks which meets, or preferably exceeds, the minimum standard for 'green' food and drinks mandated in these procedures and which incorporates the following:

- Students will be supplied 'green' and 'amber' foods for educational activities, including classroom rewards, classroom cooking activities, school camps and excursions.
- Students will only be supplied 'red' foods on limited occasions and in small amounts and only when it is essential to the learning program.
- Parents and Citizens' Association fundraising is exempt from the requirement to only use 'green' and amber' food and drinks, however, consistent messages are encouraged.

Traffic Light Food Classifications

<p>Green Foods and drinks are from the five good groups Minimally processed Very nutritious and healthy</p>	<p>Fruit and Vegetables Lean Meat Fish Eggs Nuts and Seeds Beans and Lentils Wholegrain Bread Cereals Rice and Pasta Milk and reduced fat dairy products Water</p>	
<p>Amber Foods and drinks are processed from the five good groups More processed than green foods and drinks Less nutritious and healthy</p>	<p>Processed meat Processed bread and cereal Dairy products Reduced fat/sugar cakes, slices, muffins, biscuits. Reduced fat flavoured milk Fruit juice with no added sugar</p>	
<p>Red Foods and drinks are very processed. Contain added sugar, fat and salt. Not nutritious or healthy</p>	<p>Deep fried foods, chips High fat processed meat Dairy based desserts Cakes, slices, muffins, biscuits. Potato Chips Pastry products Chocolate and lollies Sugary drinks</p>	

Lunch Boxes

Parents are asked to not send 'red' foods to school.
Fresh is best.

Drinks

Each student needs to have a water bottle that is only used for water.
It is recommended that they do not bring fruit juices to school because of their sugar content.

Crunch & Sip Guidelines

- Provide clean, safe and accessible drinking water available for Crunch & Sip and reminding students to refill their water bottles throughout the day.
- Encourage all students to eat a piece of vegetable or fruit in the classroom during a daily designated Crunch & Sip time and drink water from their own bottle throughout the day.
- Encourage students to wash their hands prior to the Crunch & Sip break and wash their water bottle daily.
- Actively finding ways to provide vegetables and/or fruit for Crunch & Sip for students who do not have access to them. For example, seeking donations of fresh produce from Foodbank or local retailers; allocating available funds to purchase vegetables and fruit.

Peanut Products

We have a number of children with allergies to peanut products, so children are not allowed to bring nut products to school.

1. Peanut allergy is common and affects around 3% of children. In some cases, even trace amounts of peanuts can trigger symptoms.
2. A person who is allergic to peanut is not always allergic to tree nuts. This is because the proteins in peanut are very different to those in tree nuts, such as almonds, cashews, hazelnut, macadamia, pecans, pistachios, and walnuts.
3. Allergic reactions to peanut (or other foods), range from mild to severe. Mild to moderate signs of food allergy include swelling of face, lips or eyes, hives or welts on the skin, tingling mouth, abdominal (stomach) pain, or vomiting.
4. Peanuts are one of the most common foods that cause life threatening severe allergic reactions (anaphylaxis). Signs of anaphylaxis include any one of the following; difficult or noisy breathing, swelling of tongue, swelling or tightness in throat, wheeze or persistent cough, difficulty talking or hoarse voice, persistent dizziness or collapse. Young children may be pale and floppy.

10 Easy (Healthy!) Lunch Ideas for Toddlers

