

**FOOD AND NUTRITION POLICY****RATIONALE**

Good nutrition is essential for the healthy growth and development of children and adolescents. Children eat much of their food each weekday at school. Good nutrition affects children's Behaviour, learning, concentration, and energy, as well as their physical health. When children eat a nutritious diet, they find it easier to learn.

POLICY STATEMENT

- A School Board is required to promote healthy food and nutrition for all students.
- The board recognises
 - a) the benefits to its students in their health, wellbeing, and development of a healthy diet of healthy dietary habits
 - b) its responsibility to promote those benefits

GUIDELINES

1. Provide access to healthy food and drink options in the school
2. Encourage students to take responsibility for and make good decisions about their own healthy dietary habits.
3. Healthy nutritional behaviour will be modelled by the school's own food and dietary practices.
4. Offer a variety of healthy foods from the four food groups:
 - plenty of vegetables and fruit
 - grain foods, mostly wholegrain and naturally high in fibre
 - some milk and milk products, mostly low and reduced fat
 - some legumes, nuts, seeds, fish/other seafood, eggs, poultry (eg, chicken) and/or red meat with fat removed.
5. Food should be prepared with or contain minimal saturated fat, salt (sodium) and added sugar and should be mostly whole or less commercially processed.

This means:

- foods containing moderate amounts of saturated fat, salt and/or added sugar may be available in small portions (eg, some baked goods)
- no deep-fried foods
- no confectionery (eg, sweets and chocolate)

6. Offer only water and unflavoured milk as cold drink options.

This means:

- no sugar-sweetened drinks
- no drinks containing 'intense' (artificial) sweeteners
- no fruit or vegetable juices (including 100 percent juice, no-added-sugar varieties).

7. Consider people's cultural preferences, religious beliefs and special dietary requirements, including gluten-free, vegetarian and vegan options.

