



# Healthy Eating Policy

## Rationale

Healthy eating has a long-lasting and positive impact on a child's growth, development and health. Good nutrition is not about good and bad foods but rather food uses and choices. Eating choices are ultimately the responsibility of the individual, but the home and school environment can influence decisions in a positive way to counteract negative messages promoted elsewhere.

Toorak Primary School will support the promotion of healthy eating through its curriculum, school environment and ethos.

## Purpose

- To encourage students to develop the knowledge, skills and attitudes which enable them to make healthy eating choices.
- To maximise learning potential for all students through appropriate snack breaks and access to drinking water.

## Guidelines

- The school will encourage healthy food choices and eating practices through the curriculum, and communication with the school community.
- Students will be encouraged to bring healthy snacks and lunches and clearly named water bottles to school for consumption during the day.
- Students will be encouraged to drink water and will be provided with access to water throughout the day.
- The school will choose a lunch-order provider who will supply food that is consistent with that outlined in the "Healthy Canteen Kit"-School canteens and other school food services policy (2012).
- Staff concerned about food choices may speak with parents or carers.
- The promotion of food for fundraising activities will reflect the nutrition principles outlined in the "Healthy Canteen Kit" and support Victorian Curriculum Health and Physical Education Standards.

## Further Information and resources

<https://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>

<https://www.education.vic.gov.au/school/teachers/health/Pages/canteendown.aspx>

<https://www.education.vic.gov.au/school/teachers/health/Pages/canteenconfect.aspx>

## Evaluation

This policy was last ratified by School Council in 2019. This policy will be reviewed as part of the school's four-year review cycle in 2023.