

# HEALTHY FOODS POLICY

## **Rationale:**

Healthy nutritional habits are essential to the growth and development of children.

## **Aims:**

- To develop within students an informed appreciation of healthy eating habits.
- To ensure that any foods provided by the school are consistent with a healthy eating philosophy.

## **Implementation:**

- Lessons relating to healthy foods and healthy eating will form part of each child's annual Health & Physical Education curriculum studies.
- The school will involve itself in local strategies designed to raise an awareness of, or to promote healthy foods eg: local fruit growing or local dairy industry promotions.
- Food available through school lunch orders will not include cakes, chips, soft drink, fried foods, and confectionary.
- MASK will provide children with nutritious balanced snacks and have water available to children at all times.
- The MASK program will consider the allergies to foods when preparing and serving food.
- All staff and students in MASK will wash and dry their hands prior to the activity.
- The Principal will ensure that a supply of drinkable water is available at the school at all times.
- The whole school will focus upon a theme of healthy food at least once every two years.
- Students will have access to their own water bottles during class lessons, and have permission to eat healthy foods such as fruits during class time.
- Fund raising activities will not focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy eg: chocolate bars or lamingtons.
- 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.

This policy was last ratified by School Council on....

June 2018