

# LOCKWOOD PRIMARY SCHOOL SCHOOL-PROVIDED FOOD POLICY



This policy is based on the Department of Education and Training (DET) *Healthy Canteen Guidelines* which accompany this policy.

*“Learning, Caring, Laughing, Sharing”*

## BACKGROUND

**A health-promoting school is a place where all members of the school community work together to provide students with integrated and positive experiences and structures that promote and protect their health. –**

*World Health Organization, 1996*

Lockwood Primary School’s existing Wellbeing policies indicate our commitment to being a “Health Promoting School”. Whilst many of the foods provided through the lunch order, special lunch day and healthy snacks canteen programs support the Department of Education and Training (DET) Healthy Canteen Guidelines, some do not and this is a growing concern amongst some staff, parents and students.

This policy aims to bring our school into direct alignment with DET guidelines and to recognise Lockwood Primary School as a “Health Promoting School”.

## RATIONALE

The Lockwood PS Healthy Snacks Canteen, Lunch Order Program and other school-provided food services are important educational resources and are integral to the culture of our school Community. They have an important role in the provision of food to students and the school community.

The school canteen should reflect the educational goals of the school and support and complement student learning. The school’s food services and curriculum programs on healthy eating should be complementary. Positive peer pressure within the education setting can create a culture in which nutritious foods and a healthy lifestyle are actively chosen. This culture should permeate the entire school environment and can have an impact on choices made by students about food consumption when they are not at school.

A positive attitude towards a school canteen that supports healthy eating should be promoted and endorsed. This is facilitated through a whole-school approach to nutrition.

The World Health Organization encourages schools to take a health promoting schools approach to support healthy eating. The Health Promoting Schools framework provides a useful model for schools to promote and protect the health of students. The framework highlights the importance of the relationships between:

- curriculum, teaching and learning
- school organisation, ethos and environment
- community links and partnerships.

Although the current Lunch Order and Healthy Snacks Canteen program are only offered on a once-per-week basis, it is important that parents, teachers and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.

## AIMS

According to the DET Healthy Canteen Guidelines, a healthy school-provided food service should aim to:

- make it easy for students to choose healthy snacks and meals
- offer a variety of nutritious foods
- promote foods that are consistent with the *Dietary Guidelines for Children and Adolescents in Australia*
- be an avenue for consistent and continual health education
- complement the diverse elements of the school curriculum
- involve students, parents and the wider school community
- be an integral part of the entire healthy school environment.

### **GUIDELINES FOR ACTION**

The Lunch Order and Healthy Snacks Canteen menus will comprise ONLY foods in the GREEN and ORANGE categories.

The school may provide RED CATEGORY FOODS no more than twice per term, as per the DET Healthy Canteen recommendations.

### **EVALUATION**

This policy will be reviewed as part of the school's three year policy review cycle.