



## Healthy Food Supply and Nutrition Policy of Kongorong Primary School and CPC

### Rationale

This school and preschool promotes safe, healthy eating habits in line with the **Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools** and relates to the DECS wellbeing strategy.

We believe that childhood is an important time for establishing lifelong, healthy eating habits and can benefit the children in three ways:

1. Short term: maximises growth, development, activity levels and good health.
2. Long term: minimises the risk of diet related diseases later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.  
Therefore:
  - staff at this school and preschool model and encourage healthy eating behaviours
  - food and drink are consumed in a safe, supportive environment for all children
  - parents and caregivers are encouraged to supply healthy foods that fit within the **Right Bite** strategy for their children at school and preschool.

This food policy has been established after consultation with staff and parents within the school and preschool community.

### Curriculum

Our school and preschool's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes activities that provide children with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for children to develop practical food skills like preparing and cooking healthy food
- integrates nutrition across the SACSA Health and Physical Development Curriculum and EYLF framework where possible, **relating to the learning outcome: 'Children have a strong sense of wellbeing'**
- promotes and encourages sustainable food choices and those that leave a small ecological footprint (eg 'nude' foods)

### The Learning environment

Children at our school and preschool:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day
- will eat routinely at scheduled break times
- eat in a positive, social environment with staff who model healthy eating behaviours
- use the vegetable garden and fruit trees to learn about and experience growing, harvesting and preparing nutritious foods

Our school and preschool:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast and regular meals for children
- teaches the importance of healthy meals and snacks as part of the curriculum
- is a breastfeeding friendly site

### Food supply

Our school and preschool:

- encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for school and preschool **activities and events** in line with the *Right Bite* strategy
- ensures that food choices available through the lunch program are healthy choices in line with the *Right Bite* strategy
- displays **nutrition information** and promotional materials about healthy eating
- has the following guidelines for families for **food brought from home** or provided by staff within school/preschool time:

### **Brain Break/Fruit Time:**

Parents and carers are encouraged to supply fruit and vegetables at brain break/ fruit time to:

- provide children with important minerals and vitamins
- encourage a taste for healthy foods.

### **Food and drinks provided to children:**

- parents and carers are encouraged to provide healthy food and drink choices in line with the *Right Bite* strategy
- staff will ensure that food provided to children by the school and preschool is in line with the *Right Bite* strategy.

### **Food safety**

Our school and preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

### **Food-related health support planning**

Our school and preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

### **Working with families, health services & industry**

Our school and preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
  - newsletters
  - policy development/review
  - information on enrolment
- promotes the alignment of fundraising with the *Right Bite* strategy.