

## THE GROVE EDUCATION CENTRE

### HEALTHY FOOD SUPPLY AND NUTRITION POLICY

#### **Rationale**

The Grove Education Centre 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 DECD wellbeing strategy.

We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximise growth, development, activity levels and good health.
2. Long term: minimise the risk of diet related disease later in life.
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

We aim to establish, promote and sustain healthy eating habits through curriculum delivery of our Healthy Food Supply and Nutrition Policy in partnership with student / family participation and support of this policy.

#### **Curriculum**

Our school'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 students 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 students to develop practical food skills for example: growing, preparing and cooking healthy food.
- ❖ Integrates nutrition across the curriculum according to DECD guidelines and the Right Bite Strategy.

#### **Student / Family Participation**

The students at the Grove Education Centre:

- Families will be encouraged to include a serve of fruit or vegetable in their child's lunch box each day.
- Will be encouraged to drink water regularly through the day (water bottles are allowed in the classroom).
- Will eat routinely at scheduled break times.
- If a student is identified to have an allergy that is a medically diagnosed health risk and significantly affects dietary requirements for themselves, other students and staff members, such as an allergy to

nuts, this policy would be immediately revisited to consider the necessary changes.

- Will have information provided to their families and caregivers on the Right Bite Strategy through -
  - Newsletters
  - Policy development / review
  - Information on enrolment
  - Pamphlet / poster displays

Our school community will be encouraged to align fundraising projects with the Right Bite Strategy when possible.

### **Student / Class Celebrations**

If families wish to send in food to celebrate significant events such as birthdays they need to ask the classroom teacher what they may provide to meet the needs of that class. Consideration will be given to:

The particular dietary needs of classmates including food allergies and intolerances.

The quantity of food supplied for the number of children in the class

And whether the food fits into the always, sometimes or maybe food classifications.

This support for the Healthy Food Supply and Nutrition Policy is vital in ongoing development of life long healthy eating habits of our students.