

Fremantle Primary School Healthy Eating Policy

RATIONALE: Eating and celebrating together can foster togetherness and inclusivity. The school and staff promote a culture of healthy eating habits and are committed to providing relevant information and resources to our community. We reinforce nutritional messages by modelling healthy food and drink choices that are tasty, interesting and affordable. We respect parent choice, and wish to work with families to ensure students learn how to make informed food choices.

PURPOSE

- To promote a culture that fosters healthy eating habits of students at school
- To comply with Department of Education policy on healthy eating
- To ensure staff, students, parents and visitors are informed about the healthy eating guidelines

GUIDELINES

- Nutrition and physical activity messages are taught in the classroom to promote healthy lifestyles.
- Schools follow the Traffic Light system for categorising foods (See information sheet). Red foods are not to be supplied by staff because they lack adequate nutritional value, are high in saturated fat, and/or added sugar and/or salt, can contribute excess energy (kilojoules), can contribute to tooth decay and erosion.
- Students will **only** be supplied 'red' foods on limited occasions, in small amounts and only when it is essential to the learning program. On occasion some curriculum areas such as maths or science may require the tasting of amber and red foods, but this is to be kept to a minimum.
- Celebrations are important in schools as they mark key occasions and foster togetherness and inclusivity. Classes will time celebrations to minimise disruption to learning, such as at the end of the day.
 - a. Where special occasions occur, parents are asked to supply healthy food choices (See handout for list of Green and Amber foods).
 - b. When celebrating a child's birthday, we ask that instead a cake, that parents supply only small cupcakes or muffins or healthier alternatives in small portion. This measure also ensures hygienic practices and the option for students to take the food home if preferred.
 - c. Parents who do not wish for their child to eat the food may wish to provide their child with an alternative to eat during the celebration. Parents are asked to give at least 2 days' notice to the classroom teacher if they wish to celebrate their child's birthday. Teachers are then able to notify other parents if there is an up and coming celebration so that they are forewarned and can provide alternative food if preferred. Parents then have a chance to discuss food choices with their children. Parents are welcome to provide alternative foods at the beginning of the year which can be stored and/or frozen then defrosted as/when needed.
- Classes have Crunch'n'Sip times each morning, where students sit to eat a healthy snack together.
- Our school has a policy of no lolly rewards. Note: Icy poles supplied by the school as rewards for faction token winners contain no sugar or preservatives.
- Parents are required to inform the school and canteen of any allergies and food intolerances.
- Our school is a Nut Aware school, so we encourage parents to avoid sending foods that contain nuts to school. This includes peanut paste, nut spreads such as Nutella and fruit and nut bars.
- Our school canteen meets the Food Standards Code and offers no Red foods.

- Our school supports students to have water available at all times. All classes allow students to have water bottles (with a sipper lid) in class and students can access their drink bottle whenever they require it.
- The school will provide information and resources to students and caregivers with alternatives to cakes for celebrations.
- Students are not to swap their recess and lunch meals with other students.
- Students are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day.
- Non-nutritious foods in moderation, alongside healthy options, may be permitted for special events such as P&C events, food stalls and end of term parties however lollies are not to be included.
- This policy seeks to be considerate and respectful of any religious beliefs and the rights for parents to choose what their children eat. Please inform the class teachers if there any further considerations that we need to make.
- Staff will seek to hold celebrations at the end of the day where possible so as to 1) minimise disruption to the learning program, 2) ensure any foods do not take the place of recess or lunch, and 3) to allow for the option of students to take any cake home with them.

REFERENCE DOCUMENTS

Crunch and Sip: [Healthy Lunchboxes](#)

Department Of Education: [Healthy Food Choices](#)

Canteen Guidelines: [Food Standards Code](#)

Recipes for 'Amber' cakes: <https://www.waschoolcanteens.org.au/recipes/sweetrecipes/>

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