HEALTHY FOODS
POLICY
TYLDEN PRIMARY SCHOOL

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:

• The development of an appreciation of healthy foods and healthy eating habits form part of our Health Promoting strategy.
• 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 produce.
• The school food service will have a good selection of nutritious, tasty and attractive foods consistent with the ‘Dietary Guidelines for Children and Adolescents – 1995’.
• The principal will ensure that a supply of drinkable water is available at the school at all times.
• Staff members will be encouraged to model healthy eating habits whilst at school.
• Students will be encouraged to drink from their own water bottles during the day, and be encouraged to eat a healthy snack at 10 o’clock.
• 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.

Evaluation:

• This policy will be reviewed as part of the school’s four year review cycle.