

Healthy Food and Drinks Policy

Policy Statement

At Canning Vale Primary School we will promote the consumption of healthy foods and drinks.

Rationale

As per the WA Department of Education Healthy Food and Drink Policy, we will, as a school community, promote the consumption of healthy foods and drinks. It has been medically proven that healthy eating and drinking improves student ability for learning.

Policy Details

Parents will be advised of the mandated WA Department of Education's Healthy Food and Drink Policy and our role in implementing it after committee member attendance of the 21st W.A. Canteen Conference 2013;

Parents and students will be made aware of the contribution that healthy food and drink makes to a student's progress;

The Canteen will ensure a healthy menu is provided using the traffic light system;

During practical cookery lessons, there will be experiences with the choosing and preparing of healthy food;

The school will strive to only conduct healthy fundraising e.g. Fruit Smoothie Day;

Classroom food rewards will not include lollies and fizzy drinks. The canteen may provide vouchers for healthy foods or drinks;

Health promoting messages will be included in the school newsletter e.g. tips and recipes for healthy lunches and snacks and the importance of breakfast;

The 'Crunch and Sip' Programme will be maintained;

Camp and excursion menus will be healthy whenever possible;

The campus will maintain allergy awareness;

Open communication with parents/guardians of children at risk of anaphylaxis will be maintained and potential issues will be discussed well in advance;

Class parties, celebrations, school camps and excursions will be planned with full knowledge of any dietary restrictions or student food allergies;



Our position as a Nut Aware campus will be maintained; and

Our classroom education about food allergy and anaphylaxis and their potential risks to be maintained

Suggested Classroom Strategies:

Students to keep a healthy food and drink diary for a week	Discuss healthy lunch box combinations
Try new healthy foods in the classroom	Have a lunch/party where students plan a menu based on healthy food and drink choices
Link with the canteen to conduct a 'Design a healthy sandwich or salad day'	Introduce classroom discussion about such topics as 'The importance of healthy food and drink during NAPLAN week'
Grow tomatoes or alfalfa as part of a science project	Discuss how fruit and vegetables grow e.g. on the tree or vine or in the ground
Label reading activities e.g. comparing the nutrition information panel of breakfast cereals.	Role-play buying from the canteen – what can I buy for \$2?