



Annesley Junior School  
*Values Matter*

# Food Policy



## **Food Policy**

### **Introduction**

At Annesley College we see the promotion of healthy eating as an integral part of learning about, and developing lifelong healthy habits. We see healthy eating as part of a person's social, emotional, physical, cultural and spiritual wellbeing. This policy reflects current research which suggests optimal nutrition will positively impact on cognition, concentration, activity levels, interaction with peers and self esteem. The health promoting schools framework underpins this policy.

### **Policy Principles**

Annesley College aims to improve the health of students, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues.

Annesley College seeks to educate its students about food in the wider context of our lives. This includes:

- Learning where food comes from.
- Recognising the increased nutritional benefits of farm fresh produce.
- Appreciating the role food plays in different cultures.
- Understanding the role of food as a socialiser.

Annesley College provides students with the opportunities to learn about the importance of making appropriate choices in a real world environment.

Annesley College will run the provision of food services in a financially responsible manner.

### **Legislative Frameworks and Administrative Guidelines**

Food Act 2001

Eat Well SA Healthy Eating Guidelines for SA School and Preschools

City of Unley Environmental Health Guidelines

Dietary Guidelines for Children and Adolescents in Australia

### **Policy Statement**

Annesley College aims to make the provision and consumption of food an enjoyable and safe experience.

Annesley College will actively seek to source food from local growers/producers and South Australian primary producers.

Annesley College provides a consistent programme of cross-curricular nutrition education. The College will ensure that nutritional messages account for the acceptance and tolerance of individual body shape and size.

Annesley College encourages our community to develop positive attitudes to becoming healthy people by:

- Providing foods that are nutritious and healthy.
- Encouraging enjoyment of outdoor exercise
- Providing opportunities for students to participate in the growing of fruits and vegetables that can either be used through the Tuck Shop or for food preparation.

Annesley College understands that responsibility for healthy food choices is developmental and is dependent on students having opportunities to discuss and practise these decisions.

Due to food allergies, students will be discouraged to share food except on special occasions when monitored by staff.

Annesley College will ensure staff are made aware of any food related medical/allergic conditions of individual children through staff meetings, and clearly displayed notices in the classroom and the Tuck Shop.

Annesley College recognizes it is important for the whole school to use consistent messages around healthy eating. Therefore our message is *Healthy eating does not mean NO occasion foods but it does mean having them at appropriate times and not too often.*

Annesley College will not use foods that should be eaten in moderation as a reward for any classroom or co-curricular activities.

Annesley College will not take part in any incentive schemes that encourage children to collect tokens from foods that should only be eaten in moderation.

All food prepared on site will follow the highest standards of safety in its storage, preparation and handling.

### **Policy Responsibilities**

The Principal will monitor the implementation of the policy.

Classroom teachers will ensure the implementation of this policy.

The staff will implement and support this policy.

### **Review**

This policy will be reviewed every two years.

In addition, please refer to the Early Learning Centre for specific procedures.

## **POLICY STATEMENT ON NUTRITION**

Food provided at the Annesley Early Learning Centre (ELC) will be nutritious and varied. Snack times and activities involving food preparation will provide positive learning experiences for children, who will be encouraged to develop healthy eating habits.

These procedures are pertinent to the ELC and are guided by the Annesley Learning Community Food Policy.

### **Procedures**

- During Early Learning Centre hours, parents will be asked to provide their child's lunch and drinks.
- Food is prepared and stored hygienically. All children's lunchboxes will be stored in a refrigerator.
- The family will provide children with balanced snacks that meet the recommended nutritional needs of children.
- Meal times will be treated as social occasions. Staff members will sit with the children and interact with them to encourage good eating habits and an appreciation of a variety of foods and drinks.
- Snacks and drinks will be appetising and provide variety. Where possible, fresh produce will be used. Each child will contribute fresh fruit or vegetable sticks to be shared at morning snack time.
- Drinking water will always be available and accessible to staff and children.
- Snack and meal times will have a regular schedule but small, nutritious snacks will be available to hungry children as provided by families.
- Children will be encouraged to try different food but will never be forced to eat. Their food likes and dislikes and their family's religious and cultural beliefs regarding food will always be respected.
- Where children are on special diets, the parents may be asked to provide a list of suitable and unsuitable foods and their child's food preferences or to supply special food.
- The denial of food will never be used as punishment.
- The importance of good, healthy food will be discussed with children during snack time, as appropriate.
- Information on nutrition, food handling and storage will be displayed at the service and provided to parents.
- When food is prepared as part of the children's program of activities, the ingredients and preparation techniques used will be hygienic and safe and contribute to children's nutritional needs.