



CANTEENS AND HEALTHY EATING POLICY

PURPOSE

To promote healthy eating guidelines at school, for special events and when engaging external service providers relating to school food services at Eltham East Primary School.

SCOPE

This policy will cover the following areas: snacks and lunch; teachers and curriculum; sponsorship and fundraising; family and community; celebrations and special lunches/events; incursions and excursions/camps; special dietary requirements; with links to Outside School Hours Care.

POLICY

Background

School food services can have a major impact on the foods and drinks that students are exposed to and consume. Enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom
- activities and for healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness

It is important that EEPS parents, teachers and students work together to support a whole-school-approach to healthy eating and build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

A healthy school food service or provider:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with Australian Dietary Guidelines
- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents and the wider school community
- is an integral part of the entire healthy school environment

Any agreed, School Council approved school's food service provider will be audited twice a year and be encouraged to be in-line with the Department of Education and Training's 'School canteens and

other food services policy'. For the 2024 school year this provider is Classroom Cuisine and will be audited by Education / Policy Sub-committee in February 2024 and October 2024.

It is important that EEPS parents, teachers and students work together to build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

To support a whole-school-approach to healthy eating Eltham East Primary School will:

- work with parents, teachers and students to promote healthy eating practices including the promotion of healthy packed lunch boxes
- apply a healthy eating approach to all food and drink services provided to the school community by the school
- ensure healthy food choices are made available to the school community
- ensure that all community members have access to fresh drinking water
- ensure that food items are not used as rewards and incentives. This includes, but not limited to fast food vouchers, high sugar or high fat foods and confectionery are not given to students as rewards.
- ensure that birthdays and special occasions are celebrated without the use of food
- ensure that child-involved cooking activities are consistent with healthy eating practices.
- ensure EVERYDAY food and drinks are always available as the main choices and SELECT CAREFULLY food and drinks are selected carefully and limit the availability of OCCASIONALLY food and drinks. (refer to Guidance tab for details on these food categories)
- never supply:
 - high sugar content drinks such as energy drinks and flavoured mineral waters with high sugar content
 - confectionery such as chocolate, lollies, yoghurt compound and coatings, fudge and chewing gum (refer to Resources for the School Confectionery Guidelines)
- ensure curriculum programs promote a healthy eating approach and that staff are updated on any changes to nutritional guidelines
- ensure that the sale of 'discretionary occasional choices' will be controlled and limited as fundraising activities. For the purpose of this policy, 'discretionary occasional choices' are foods and drinks that don't fit into the five core food groups (Australian Dietary Guidelines 2013), and are not an essential part of our diet. These foods and drinks are high in kilojoules, saturated fat, added sugars and/or salt, and provide very few nutrients such as soft drinks, sports and energy drinks, confectionery, chocolate, chips, donuts, ice cream, deep fried foods and savoury snack foods.

The policy applies to

- all foods and drinks provided in the following areas within the school environment:
 - school canteens and contracted school food services
 - external businesses and retail food outlets supplying schools (for example, milk bars, cafes and bakeries)
 - vending machines
 - school curriculum activities
 - school sporting days, social events and productions
 - school-based breakfast programs
 - outside school hours care programs on school grounds

This policy does not apply to:

- foods and drinks used for the management of individual student's health conditions

- student lunches and snacks brought from home, although a healthy eating approach is promoted in the school community
- non-school-related events and activities managed by external organisations on school grounds, for example community sport

Special dietary requirements

Some students may require special diets for medical reasons. The school food service should try to meet these needs as far as possible so that all children can enjoy eating a healthy lunch from the canteen. Any special needs for children with disabilities such as modified texture diets or wheelchair access to the canteen should also be considered.

The school principal, child’s teacher or parents should provide advice of any special dietary needs to canteen staff or food service provider.

Anaphylactic (severe) food allergy

Contact with certain foods (such as peanuts, cow’s milk, egg, wheat, soy bean, tree nuts, fish and shellfish) can be fatal for people with allergies to these foods. The Department has guidelines for schools to support students with [anaphylaxis](#), refer to: [Anaphylaxis](#).

Office staff and parent volunteers need to be aware of students with such allergies and be familiar with the school’s management strategies for these students.

FURTHER INFORMATION AND RESOURCES

For all canteen, food and food delivery services, Eltham East Primary School will follow all Department of Education policies, through the Policy and Advisory Library.

[Canteens, Healthy Eating and Other Food Services](#)

REVIEW CYCLE

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

Policy last reviewed	2024
Approved by	School Council
Next scheduled review date	October 2024 as part of the annual review cycle