

# Fairfield Primary School

## Healthy Eating Policy

### Rationale:

Fairfield Primary School acknowledges that healthy eating has a long lasting and positive impact on a child's growth, development, health and capacity to learn. This policy is based on the latest evidence and is consistent with state and national guidelines.

### Aim:

To create and promote a positive healthy eating culture at Fairfield Primary School.

### Implementation:

#### Food/drinks at School

Families are encouraged to provide healthy food for their child to bring to school. This can be eaten over the two eating times.

Fresh fruit and vegetables will be encouraged to be part of both eating opportunities.

Water is encouraged as the main drink for thirst and students may have a water bottle accessible in the classroom.

Lunch orders provided to Fairfield Primary School will comply with the current Department of Education and Training (DET) canteen policy.

Discretionary foods will not be offered for sale at school or via a lunch order menu. These include: biscuits, cakes, pastries, pies, processed meats, fried food, potato chips, crisps and extruded snacks, chocolates, lollies, sweet muffins, muesli bars and doughnuts, soft drink, cordials, fruit drinks, vitamin waters energy and sports drinks).

Parents will be provided with practical guidelines to support healthier school lunches. Please see Appendix 1 "Pick and mix 1-6 Healthy school lunches".

Vending machines selling food or drinks will not be installed in the school.

#### Excursions and Sporting Events

Students are not permitted to purchase food at events away from school including any excursions and sporting events. This is consistent with the anaphylaxis policy.

#### Teaching and Curriculum

Teachers will develop student understandings of healthy eating and nutrition within the curriculum program.

Food and drink (including vouchers) are not to be used as an incentive or a reward.

When possible, students have the opportunity to engage in food-related activities such as planning and shopping for meals, growing, cooking and eating food. E.g. vegetable garden boxes.

## **Sponsorship and Fundraising**

Fundraising activities will not promote discretionary foods (e.g. chocolate drives)

The school and school events will not accept sponsorship or advertising from food companies promoting discretionary foods.

## **Family and Community**

Parents will be informed of the Healthy Eating Policy and be provided with information about healthy lunches. This will occur at the parent information session for each class, prep orientation and in the newsletter at the start of term.

The cultural diversity of the school community will be considered when implementing the healthy eating policy.

School events such as prep welcome, welcome picnics, etc. will be consistent with healthy eating policy but events open to the public such as the fete and the art show will be exempt.

Parents are advised not to supply foods to celebrate student birthdays. The school will promote alternative positive ways to celebrate children's birthdays.

## **Evaluation:**

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

## **See also:**

Anaphylaxis Management Policy

## **References:**

The NHMRC 2013 Australian Dietary Guidelines: refer to [www.eatforhealth.vic.gov.au](http://www.eatforhealth.vic.gov.au)

This policy applies to food services in the school such as school events, celebrations, and sports days, vending machines and foods used in curriculum activities.

Resources and support for healthy food at school including health BBQs can be located at [www.heas.healthytogether.vic.gov.au](http://www.heas.healthytogether.vic.gov.au).

DET Canteen Policy

<http://www.education.vic.gov.au/school/principals/management/Pages/canteenpolicy.aspx>

This policy was ratified by School Council in

November 2015

# FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP 1-6!



Developed in conjunction with the Healthy Together Achievement Program to support a whole-school approach to healthy eating. Healthy Together Victoria is improving the health of Victorians, funded by the Victorian Government.



FOR A HEALTHY LUNCHBOX

# PICK & MIX

SOMETHING FROM EACH GROUP

# 1-6!

## FRUIT 1

### FRESH FRUIT

- Apple
- Banana
- Mandarin
- Orange quarters
- Passionfruit halves (with spoon)
- Watermelon, honeydew, rockmelon chunks
- Pineapple chunks
- Grapes
- Plums
- Nectarines, peaches, Apricots
- Strawberries
- Cherries
- Kiwifruit halves (with spoon)
- Pear

### MIXED FRUIT

- Fruit salad
- Fruit kebabs

### DRIED FRUIT

- Dried fruit, nut, popcorn mixes\*

### TINNED FRUIT/SNACK PACKS/CUPS

- In natural juice (not syrup)



## VEGETABLES 2

### FRESH CRUNCHY VEGIES

- Corn cobs
- Carrot sticks
- Capsicum sticks
- Green beans
- Cucumber sticks
- Celery sticks
- Snow peas
- Tomatoes (e.g. cherry and Roma tomatoes)
- Mushroom pieces

### Can serve with either:

- Hommus
- Tomato salsa
- Tatziki
- Beetroot dip
- Natural yoghurt

### SALADS

- Coleslaw and potato salad (reduced fat dressing)
- Mexican bean, tomato, lettuce and cheese salad
- Pesto pasta salad\*

### BAKED ITEMS

- Grilled or roasted vegetables
- Wholemeal vegetable muffins or scones
- Vegetable slice (with grated zucchini and carrot)
- Popcorn

### SOUP (In small thermos)

- Pumpkin soup
- Potato and leek soup
- Chicken and corn soup

## MILK, YOGHURT AND CHEESE 3

- Milk
- Calcium-enriched soy and other plant-based milks
- Yoghurt (frozen overnight)
- Custard

### Tip:

- Freeze the night before to keep cool during the day

- Cheese cubes, sticks or slices
- Cottage or ricotta cheese
- Cream cheese
- Tatziki dip

### Can serve with either:

- Fruit
- Wholegrain cereal, low in sugar
- Vegetable sticks
- Rice and corn cakes
- Wholegrain wheat crackers

## MEAT OR MEAT ALTERNATIVE 4

- Tinned tuna or salmon in springwater
- Lean roast or grilled meats (e.g. beef, chicken, kangaroo)
- Falafel balls
- Lean meat or chicken patties
- Tinned tuna or salmon patties
- Lentil patties
- Lean deli meats (e.g. ham, silverside, chicken)
- Boiled eggs
- Baked beans (canned)
- Tofu cubes
- Hommus dip
- Lean meat or chicken kebab sticks
- Peanut butter\*

### Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad

- Vegetable frittata
- Skinless chicken drumsticks
- Savoury muffins or scones (e.g. lean ham, cheese and shallots)
- Homemade pizzas with lean roast or deli meats and vegetables

### Can serve with:

- Side salad
- Steamed or roasted vegetables

## GRAIN AND CEREAL FOOD 5

### MAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

**Tip:** Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched, soy and linseed, herb, naan, bagels, foccacias, fruit bread and English muffins.

- Pasta dishes
- Rice, quinoa or cous cous dishes
- Noodle dishes
- Sushi

### SAVORY BAKED ITEMS

- Homemade pizzas
- Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins)
- Vegetable based muffins
- Pasta or noodle bake

### SWEET BAKED ITEMS

- Fruit loaf
- Wholemeal fruit based muffins

### SNACKS

- High fibre, low sugar cereal (e.g. muesli)
- English muffins
- Crackers
- Crisps/spreads
- Rice cakes
- Corn thins
- Wholemeal scones
- Pikelets
- Crumpets
- Hot cross buns (no icing)

## WATER 6

- Take a water bottle (for refilling throughout the day)

### Tip:

- Freeze overnight to keep foods cool in lunchboxes

**Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.**

**Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.**



\*Check your school's policy regarding the use of nuts and products containing nuts.

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: [www.heas.healthytogether.vic.gov.au](http://www.heas.healthytogether.vic.gov.au).