



HEALTHY EATING POLICY

1. PURPOSE

The purpose of this Policy is to provide guidelines regarding the promotion of Healthy Eating at St Andrew's Anglican College (the College).

2. SCOPE

This Policy applies to food and drinks sold on the College premises and/or provided by the College at official school functions/events. This includes food and drinks sourced from an external caterer/supplier.

3. REFERENCES

Smart Choices – Education Queensland

4. DEFINITIONS

Healthy Eating means the consumption of foods and drinks that have high nutritional value and are low in saturated fat and/or added sugar and/or salt. (*Source: Smart Choices*)

5. RATIONALE

The College actively promotes the notion of a healthy and active lifestyle, as reflected in the surroundings of the Sunshine Coast. While we are unable to monitor students at every moment, it is the expectation of our staff and wider School community to support this policy.

We acknowledge that there are important times in our calendar in which food is an important part of the celebration and we accept that on these occasions our adherence to this policy may not necessarily be as strict, in particular at Easter time. In noting this, the College accepts that part of the learning process for each and every child in relation to Healthy Eating is teaching all things in moderation.

We also acknowledge that any medication or potential allergic reaction to foods will supersede any directive in this policy, pertaining to that particular child.

6. DETAILS

In order to promote a Healthy Eating culture at the College:

- The College will continue to teach and encourage children to eat a balanced and healthy diet.

- The College Canteen, Saints Café and any official College event, will offer a balanced menu as recommended by the Smart Choices initiative developed by Education Queensland that categorises food and drinks into the following three groups:
 - GREEN – are excellent sources of important nutrients and low in saturated fat and/or added sugar and/or salt. These foods and drinks are to be encouraged and promoted.
 - AMBER – have some nutritional value and have moderate amounts of saturated fat and/or added sugar and/or salt. These foods and drinks are to be avoided in large serve sizes.
 - RED – lack adequate nutritional value and are high in saturated fat and/or added sugar and/or salt. These foods and drinks are to be limited to no more than two occasions per term.
- Staff are directed not to use chocolates or sweet food as part of a reward system within their classroom and various activities.
- Parents will be advised through regular communication that although the College is committed to promoting a Healthy Eating culture it is unable to monitor the eating habits of each and every child.
- Chocolate Drives will not form part of the College's fundraising activities nor will we allow outside organisations to use the College as a venue to sell these products.
- The College will continue to support and take advice from parent support groups such as 'Fit Foodies' in relation to the provision of food through the Canteen and at other College functions/events.

7. RELATED DOCUMENTS

No related documents.

DOCUMENT CONTROL	
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