



Stanhope Primary School

Learning • Success • Respect • Citizenship



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Healthy Eating Policy

POLICY

The purpose of this policy is to ensure food consumed at school promotes a healthy eating culture and contributes to a supportive, healthy school environment.

SUMMARY

- A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people.
- Victorian government schools including primary, secondary, special and language schools, should support a healthy eating culture by developing healthy school food services and promoting healthy eating principles. Schools should ensure healthy food choices are the major option made available to the school community by their school, and should never supply high sugar content drinks or confectionery.

DETAILS

Background

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 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 approach:

- 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 (see References)
- 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

It is important that 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 Stanhope Primary School will:

- work with parents, teachers and students to promote healthy eating practices
- apply a healthy eating approach to all food and drink services provided to the school community by the school *and those lunches and snacks brought from home*
- ensure healthy food choices are made available to the school community by their school
- 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. (see appendices)
- never supply and discourage to be brought to school:
 - 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
- ensure curriculum programs promote a healthy eating approach

The policy applies to

- all foods and drinks provided in the following areas within the school environment:
 - external businesses and retail food outlets supplying schools (for example, milk bars, cafes and bakeries)
 - school curriculum activities
 - rewards and incentives
 - school sporting days, social events and productions
 - school-based breakfast programs
 - student birthday celebrations (we generally discourage bringing of food and due to the current COVID restrictions on sharing of food, this is not permitted)

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 (given that we do not have a canteen, food brought from home is the main source of lunches and snacks, we therefore encourage healthy, **'EVERYDAY'** options)
- non-school-related events and activities managed by external organisations on school grounds, for example community sport
- school camps

Special dietary requirements

Some students may require special diets for medical reasons. Any special needs for children with disabilities such as modified texture diets or wheelchair access to the canteen should also be considered and taken into account.

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](#).

Definitions

Confectionery

Confectionery can be defined as a small snack, chocolate or lolly — often sized for individual consumption — of minimal nutritional value and with sugar as a main ingredient. Common names for confectionery include lollies, candy or sweets. Confectionery comes in a variety of shapes, textures from jelly-like, soft and chewy to hard and brittle.

See Appendices: [Examples of Foods Considered to be Confectionery](#)

Everyday, Select Carefully and Occasionally food categories

To assist the selection and supply of healthy eating options, foods and drinks have been divided into three categories.

Everyday category (Green)

Foods and drinks in the Everyday category are consistent with the [Australian Dietary Guidelines](#) and are most suitable for school food services.

Foods and drinks in the **Everyday** category are based on the basic food groups and include:

- breads and cereals, rice, pasta, noodles
- vegetables
- fruits
- dairy foods — reduced or low-fat milk, yoghurt and cheese
- lean meat and poultry, fish, eggs, nuts* and legumes (dried beans and lentils)
- water

Checklist

- Include most often, '**EVERYDAY**' as the main choices on the Lunch Order menu.
- Strongly encourage and promote these foods and drinks.
- Include as the main choices at school event and activities involving foods and drinks.

Select Carefully category (Amber)

Foods and drinks in the **Select Carefully** category contain some valuable nutrients but may also include unhealthy ingredients. They are mainly processed foods that have fat, sugar or salt added.

Stanhope Primary School will limit the availability of these foods. They will not be promoted at the expense of foods and drinks from the **Everyday** category.

Foods and drinks in the **Select Carefully** category include:

- full-fat dairy foods, low-fat ice-cream
- 100 per cent fruit juices and 100 per cent fruit-juice based ices
- artificially sweetened drinks
- reduced-fat processed meats
- commercially prepared hot foods
- reduced-fat, high-fibre snack foods
- margarines, oils, spreads, sauces and gravies

Checklist

- Do not let these foods and drinks dominate the menu.
- Avoid large serve sizes.
- Reduce the number of these foods on the Lunch Order menu.
- Offer these foods only on specified lunch order days which occur approximately once per month.
- Select healthier choices within the category.
- Select choices of these foods that contain fruits and/or vegetables or serve with fruits and/or vegetables.
- Do not promote vigorously at the expense of foods and drinks from the **Everyday** category.

Occasionally category (Red)

Foods and drinks in the **Occasionally** category are not consistent with the Australian Dietary Guidelines and are not recommended at our school.

Stanhope Primary School will limit the availability of these foods and drinks to no more than two occasions per term.

Foods and drinks in this category include:

- deep-fried foods
- pastry-based or crumbed hot foods
- savoury snack foods — crisps, chips, biscuits
- ice-creams and ice confections — chocolate-coated and premium ice-creams, icy-poles and ice crushes
- cakes, muffins, sweet pastries, slices, biscuits and bars
- cream, butter and copha

The following should never be supplied due to their high sugar content:

- high sugar content soft drinks, including energy drinks and flavoured mineral waters with high sugar content
- confectionery, in accordance with the [School Confectionery Guidelines](#).

Checklist

- These foods and drinks should not be on the regular lunch order menu.
- Schools should limit the availability of these foods and drinks to no more than two occasions per term.
- These foods and drinks should not regularly be available in other areas of the school such as in vending machines.

POLICY REVIEW AND APPROVAL

Policy last reviewed	19 July 2023
Approved by	School Council
Next scheduled review date	July 2024

References:

Victorian Healthy Eating Enterprise

The Healthy Eating Advisory Service

Better Health Channel

Anaphylaxis.

Appendices:

School Confectionery Guidelines

Examples of Foods Considered to be Confectionery (PDF)

Examples of Foods Considered to be Confectionery

Bubble gum	Fruit straps that are either not 95–100% dried fruit or that have added sugar	Liquorice
Candy bars		Lollies
Caramel	Fudge	Marzipan
Carob	Gums/gelatine candies	Medicated cough lozenges
Chewing gum	fruit juice lollies	Mints
Chewy lollies	gummies	Nougat
Chocolate	jelly babies	Nut or seed brittle or 'snaps'
Chocolate bars	jelly beans	Praline
Chocolate chips, bits and buttons	snakes	Sherbet and sour lollies
Chocolate coatings	marshmallows	Small compressed drink powder lollies (e.g. choc malt treats)
Chocolate compound	Turkish delight	Small containers/tubes of jelly.
Chocolate/nut spreads (consumed other than as a spread)	Halva	Sugar-coated choc bits
Chocolate-coated nuts and fruit	Hard and soft icings, frostings and glazes	Sugar-coated nuts
Cotton candy/fairy floss	Hard/boiled candy	Sweetmeats
Crystallised or glazed fruit and ginger	candy canes	Toffee
Eucalyptus and honey drops	gobstoppers	Yoghurt compound
Fondant	lollipops	Yoghurt compound toppings and coatings
Fruit balls with added sugar	Hundreds and thousands and sugar sprinkles	Yoghurt flavoured lollies
Fruit flakes with added sugar	Jellies	yoghurt snakes
		yoghurt sticks/straps

Small amounts of confectionery products (for example, icing, glazes, choc chips and glacé fruit) can be used as a thin layer, topping or ingredient on or in a nutritious baked item/product. The whole nutritional value of a product containing the confectionery needs to be assessed against the *Nutrient Criteria for an Occasionally Food* (see page 13 of the '[Go for your life' Healthy Canteen Kit – Food Planner](#)' (<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/download.htm>)).

Remember that the marketing and serve size of a product containing confectionery, as well as its sugar content, should also be taken into consideration when assessing the product's suitability.