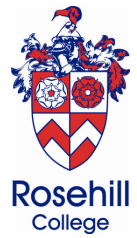


Food and Nutrition Policy



Rationale

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well being. Schools have a responsibility to help students and staff establish and maintain health eating patterns. Our canteen must provide healthy and nutritious choices.

Purpose

To encourage students to be responsible for making good decisions about their diet.
To encourage students to be responsible for their own health.
To ensure that students receive clear consistent messages about the importance of healthy eating.

Strategies

1. Development of consistent messages about healthy eating throughout the school.
2. Students will be encouraged to take responsibility for their own healthy eating.
3. Increase and varied menu options and promote foods that are low in fat, sugar and salt.
4. Ensure foods offered as part of fundraising, sports days and Education Outside the Classroom activities adhere to this policy.

Signed for the Board of Trustees

6 August 2009

Review Date