

Penong Primary School

Respect Community Achievement



Government of South Australia
Department for Education



Healthy Food Supply and Nutrition Policy

Rationale

This school promotes safe, healthy eating habits in line with the *Right Bite* Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DfE wellbeing strategy. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health and wellbeing and this is vital for positive engagement in learning activities.

This food policy has been established after consultation with the staff, parents and students of the school community.

Curriculum

Our school's food and nutrition curriculum:

- is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*
- includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food
- integrates nutrition across the curriculum according to South Australian curriculum guidelines.

The Learning environment

Children/students at our school:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day (water bottles allowed in the classroom)
- will eat routinely at scheduled break/snack times
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- utilise/will develop and maintain a school garden and integrate the garden across the curriculum.

Our school:

- provides rewards/encouragements that are not related to food or drink
- understands and promotes the importance of breakfast for students
- teaches the importance of regular healthy meals and snacks as part of the curriculum
- is a breast feeding friendly site.

Food supply

Our School/Preschool:

- encourages healthy **food and drink choices** for children in line with the *Right Bite* strategy
- encourages food choices which are representative of the foods of the preschool community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for preschool **activities and events** in line with the *Right Bite* strategy
- has established a healthy school canteen which sells and promotes healthy food choices in line with the right Bite food and drink spectrum
- Displays **nutrition information** and promotional materials about healthy eating
- Supports the school's right Bite Healthy Canteen
- Encourages a daily fruit and vegetable program to:
 - o Provide students with important minerals and vitamins
 - o Encourage a taste for healthy foods

Food safety

Our School/Preschool:

- promotes and teaches food safety to children as part of the curriculum
- encourages staff to access training as appropriate to the *Right Bite Strategy*
- provides adequate hand washing facilities for everyone
- promotes and encourages correct hand washing procedures with children and staff.

Food-related health support planning

Our School/Preschool:

- liaises with families to ensure a suitable food supply for children with health support plans that are related to food issues.

Working with families, health services & industry

Our School/Preschool:

- invites parents and caregivers to be involved in the review of our whole of site food and nutrition policy
- provides information to families and caregivers about the *Right Bite Strategy* through a variety of ways including:
 - o newsletters
 - o policy development/review
 - o information on enrolment
 - o pamphlet/poster displays
- promotes the alignment of fundraising with the *Right Bite* strategy.

Reviewed August 2025

Signed Karen Murray
Principal

Signed: Allison Shipard
Chairperson Governing Council

Next Review August 2028