HEALTHY EATING POLICY

St Peter Apostle Primary School is a Health Promoting School. Our goal is to continually improve and protect the health and well being of the whole school community including students, teachers, other staff and parents. We acknowledge that we have a responsibility to educate the school community about nutrition and provide them with opportunities to use this knowledge when making healthy food choices.

We believe a healthy eating plan is fundamental not only to add life to years but also to add years to life. St Peter Apostle is committed to setting a good example by promoting and offering healthy eating options. We aim to make healthy eating an easy and informed choice for the entire school community.

The implementation of Healthy Eating Policy is the shared responsibility of the parents, teachers and students. These responsibilities are outlined below.

**The responsibilities of the teachers are:**

- To ensure that the school curriculum is rich with learning opportunities which encourage and aid students in making wise choices when selecting food and drink.
- To make healthy food a very easy option for students and staff to purchase via the school canteen.
- To promote the drinking of water as the first and best choice.
- To promote healthy eating in all school activities.
- To ensure that students are not given unhealthy foods as rewards eg. a chocolate bar or lolly for good behaviour.
- To promote an awareness of Anaphylaxis as more than food intolerance, but a life threatening allergic reaction and to discourage known allergens eg. nut products from being brought to or shared at school.
- To promote healthy eating snack foods for the 10.00 am and 12.45pm ‘snack breaks’.

St. Peter Apostle Policies/Healthy Eating Policy/updated September 2010
The responsibilities of the Parents are:

- To help reduce the amount of sugar or fat filled foods that are brought from home. To support the St. Peters Apostle Healthy Eating Policy and help promote a healthy lifestyle in each family.
- To promote healthy eating snack foods for the 10.00 am and 12.45pm ‘snack breaks’, through providing healthy snacks in their children’s lunch boxes.

The responsibilities of the School Education Board are:

- To monitor and endorse the Canteen Menu at the beginning of each school year. Any alterations or additions required must also be approved by the Board, before they can be included on the menu. Green category foods can be added or changed at any time without reference to the School Board. If an Amber category food is to be added to the menu, it must replace an existing Amber category food already on the menu.
- To endorse a maximum of three food related, fund raising events organized by the Parent’s and Friends committee, where participation in the events is strictly on a voluntary basis.

The responsibilities of the School Canteen are:

- To ensure that all food and drink available at the canteen will be approved Green or Amber category foods based on the Victorian School Canteen Association’s Buyers Guide which accords with government guidelines.
- To present the Canteen Menu to the School Education Board for approval, at the beginning of each year.
- To ensure that the canteen will provide Green category foods 5 days a week with Amber category foods to be available on only three days a week. The only exception to this rule is non Amber food days in excess of 30°C (as determined by the canteen manager in consultation with the school principal), on these days the canteen may sell frozen icy poles.

St. Peter Apostle Policies/Healthy Eating Policy/updated September 2010
The responsibilities of the Parent’s and Friends committee are:

- To organize a maximum of three food related, fund raising events, on the understanding that participation is to be on a voluntary basis.
- To seek approval from the School Board for such fund raisers.
- To encourage parents to provide healthy food options at community functions such as the Family night and Christmas Carols.