

Healthy Food Policy

Rationale

Flinders Christian Community College seeks, through its policies and practices, to educate and encourage students to adopt healthy lifestyles that include healthy snacks and meals

Implementation

Curriculum

- Developing curriculum that supports healthy food choices, encouraging students to:
 - enjoy a wide variety of nutritious foods
 - eat plenty of vegetables, legumes, fruits, breads, cereals, rice, pasta and noodles
 - include lean meat, fish, poultry and/or alternatives in diet
 - include milk, yoghurt, cheese in diet
 - choose water as an alternative option to soft drink/cordials
 - limit saturated fat and moderate total fat intake
 - choose foods low in salt
 - consume moderate amounts of sugars and foods containing added sugars
 - become involved in food-related activities, for example: planning meals, growing foods, cooking and promoting foods

Canteen

- Offering a wide variety of nutritious foods at the Canteen and changing the menu regularly
- The food items provided in the Canteen will depend on variables such as:
 - cost and availability
 - needs and backgrounds of the students
 - season and temperature
- The Canteen will encourage and promote foods in the basic food groups as tasty, fresh and good value choices – these foods 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, legumes (dried beans and lentils)
 - water

Other Areas of the College

- Maintain consistent messages about healthy foods in all parts of the College operation including off campus activities such as camps, excursions etc.
- Planning for promotion and fundraising events involving food, should include a considered discussion regarding the quality of the food to be served. The Head of Campus reserves the right to veto the serving of any food.

Special dietary requirements

- Some students may have medical conditions that require special diets. These special dietary requirements may include:
 - diabetes
 - coeliac disease
 - Anaphylaxis - (severe) food allergy (peanuts, cow's milk, egg, wheat, soy bean, tree nuts, fish and shellfish)
Contact with certain foods can be fatal for people with allergies to these foods. The most common triggers of anaphylaxis are: peanuts, cow's milk, egg, wheat, soy bean, tree nuts (for example, cashews), fish and shellfish.
- The First Aid Officer should ensure all staff, including the Canteen staff, are aware of students with such allergies and familiar with the College management strategies for these students.

Information regarding safe food handling can be found in the College Food Safety Policy. All teaching, administration staff and Parents and Friends who conduct fetes, food stalls or cater for special events must read and adhere to the Food Safety Policy. Copies available on request.

Name of policy	<u>Healthy Food Policy</u>
Date drafted & implemented	May 2007
To be reviewed	May 2010