



Food and Nutrition Policy

Aims

- A. To facilitate a whole-school approach to healthy eating.
- B. To provide education and encouragement of healthy food choices.
- C. To provide healthy food at 'school lunch' and school-based events.

Principles

- A. All parents, staff and students are provided with access to education regarding healthy eating and a balanced diet.
- B. The school encourages care of the environment and ethical food choices when choosing food for school.
- C. Role modelling and informal conversation are important ways of educating and encouraging students to make healthy choices about their own bodies and eating a healthy, balanced diet.
- D. We provide 'school lunch' to enable students and staff to have access to affordable, healthy meals. Due to the nature of the 'school lunch' system, we cannot cater for individuals with serious allergies.
- E. Healthy eating (including minimising sugars, unhealthy fats, and additives) is encouraged on the school grounds and at all school activities, including parent run events and fundraisers.
- F. The school values the sharing of meal times and supports this through our school lunch program, however sharing from individual lunch boxes is discouraged to protect children with allergies and dietary requirements. Other ways of safely sharing food may be implemented.
- G. If a student requires alternative food to be supplied for special occasions, e.g. gluten-free or vegan, it is the parent's responsibility to provide food items to be named and stored at school for such occasions.

Responsibilities

A. Board

1. Develop, update and review this policy.
2. Ensure this policy is implemented.

B. Principal

1. Oversee implementation of this policy on a day to day basis.
2. Contribute to a whole-school approach to healthy eating.
3. Ensure healthy eating education is delivered as per Curriculum, in line with Australian government guidance (e.g. [Eat for Health](#)).
4. Promote healthy eating in the school community, including being a role model for healthy eating and supporting healthy eating at school events and fundraisers.
5. Ensure teachers promote healthy eating.

C. Staff

1. Contribute to a whole-school approach to healthy eating.
2. Include food and nutrition education in line with Australian Government [‘Eat for Health’](#) guidance.
3. Be a role model for a healthy eating and ensure healthy food options are provided in class-based activities.
4. Monitor food consumption during school hours in an attempt to minimise consumption of unhealthy foods (e.g. confectionary).

D. Administration Staff

1. Contribute to a whole-school approach to healthy eating.
2. Source information during enrolment in regard to student allergies and food preferences.
3. Ensure the Kitchen Coordinator is supplied with an updated list of student dietary requirements regularly.
4. Liaise with the Kitchen Coordinator to ensure the KSCS commercial kitchen meets regulatory requirements.
5. Oversee the maintenance of records in regard to kitchen requirements, checks and maintenance.
6. Work with the Kitchen Coordinator and Community Jobs Coordinator to record and track community participation in the lunch roster and oversee the application of levy invoices when applicable.

E. Kitchen Coordinator

1. Contribute to whole school approach to healthy eating.

2. Ensure parent cooks complete food handling training.
3. Oversee the lunch roster.
4. Liaise with Administration staff to update and display lists of students with specific dietary requirements.
5. Keep staple pantry items in supply and in-date.
6. Coordinate tasks involved with the meeting of Council regulatory compliance.
7. Liaise with Administration staff and the Community Jobs Coordinator to record and track parent participation in the lunch roster.
8. Prepare, provide documentation and track community lunch participation and payments.
9. Communicate with parents over money owing for lunch payments.

F. Parents

1. Enable 'school lunch' to be provided by volunteering to help and by fulfilling roster duties.
2. Provide healthy food choices for students.
3. Provide alternative food items for their child, if required, for special occasions.
4. Notify kitchen coordinators of children/s dietary requirements.
5. Check list of students with dietary requirements when preparing 'school lunch' to ensure appropriate options are available: vegetarian, vegan and gluten free.
6. Oversee the safe sharing of food during school social occasions.
7. Ensure healthy food is provided at school events and fundraisers.

G. Students

1. Contribute to whole school approach to healthy eating.
2. Don't bring confectionary, sugary or caffeinated drinks to school or school based events.

Related Legislation

- A. Occupational Health and Safety Act 1984
- B. Occupational Health and Safety Regulations 1996

Related Kerry Street Documentation

- A. Procedures and Forms including:
 1. Healthy Eating Procedures
 2. Australian Guide to Healthy Eating Poster
- B. Policies including:

1. Anaphylaxis Policy
 2. Communicable Diseases Policy
 3. Duty of Care Policy
 4. Behaviour Management Policy
 5. Curriculum Policy
 6. Enrolment Policy
 7. Environmental Sustainability Policy
 8. Records Management Policy
 9. Risk Management Policy
 10. Privacy Policy
- C. KSCS Values and Philosophy
- D. Enrolment Forms
- E. Student Records

Resources

[Eat for Health](#) (Australian Government Guidance)

Contact Person

Enquires relating to this policy should be directed to the School Principal or Board Chair.

Breaches of this Policy

Any breach of this policy may result in disciplinary action up to and including termination.

Authorisation and Review

- A. This policy has been authorised by the Kerry Street Community School Council on 7 June 2005.
- B. Reviewed on 13 January 2006 by meeting of Staff and Council.
- C. Reviewed 2012.
- D. Reviewed 16 September 2013.
- E. Reviewed and accepted by council and Coordinator at meeting held December 2015.
- F. To be reviewed December 2016.
- G. Reviewed and accepted January 2018.
- H. To be reviewed June 2020.
- I. Reviewed June 2020.
- J. To be reviewed S2 2022

Revision History

Date	Revision	Detail
29/01/18	v.2	Minor edits and formatting
June 2020	v.3	Edits/formatting. Updated and procedures created.