



Food and Nutrition Policy – Procedures and Forms

The following procedures and forms support implementation of KSCS Food and Nutrition policy:

1. Healthy Eating Procedures:
 - i Education
 - ii Healthy Eating Practices
 - iii School Lunch
 - iv Sharing Food
2. Australian Guide to Healthy Eating Poster

1. Healthy Eating Procedure

Education

- A.** Education on food and nutrition is included in the education program in the Health and Physical Education learning area and aligns with the Australian Government's dietary guidance (['Eat for Health'](#)).

Healthy eating practices

A. 'Crunch and Sip'

1. Crunch & Sip is a set time during the school day for students to eat vegetables or fruit and drink water in the classroom.
2. Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.
3. All classes participate in Crunch & Sip. The format of Crunch & Sip for each class is determined by the classroom teacher.
4. Generally, Crunch & Sip occurs during the first session of each day.
5. Students are encouraged to bring Crunch & Sip in a separate container. Crunch & Sip may include fruits, vegetables, grains or nuts.

B. Confectionary

1. Lollies are not allowed at school. Lollies are defined as anything commonly understood to be a lolly or confectionary.
2. The Principal will arbitrate if there is dissension over the definition.
3. Parents are encouraged not to provide their child with food with a high sugar content.
4. An exception is made for birthday cakes and people may bring a cake to school on their birthday, if they wish, to share with everyone.

C. Drinks

1. No sweet, carbonated drinks are allowed at school and cordials are discouraged, especially those containing artificial colouring and flavouring.
2. All students are encouraged to drink water at school and to bring their water bottle daily. The school provides drinking fountains for all members of the school community.

D. Other foods which are discouraged and should be minimised or avoided in school lunches and school-prepared foods include:

1. Food additives such as preservatives, and colours etc. (refer to Additive Alert by Julie Eady).
2. Trans-fats, found in highly processed foods and some margarines. Instead we will aim to use healthy oils (e.g. olive oil) and butter in food that is prepared at school.

3. Caffeinated drinks or foods are not considered suitable for students. Hot drinks, such as tea, coffee and hot chocolate are not available for students at school. Hot chocolate and milo may be served to children at special school events.

School Lunch

- A.** The school provides a healthy lunch, for a small cost, as an option for all students, staff and community members.
- B.** Parent cooks are provided with information and guidance in the provision of healthy, balanced meals at 'school lunch'. The school provides a commercial kitchen for parents to prepare 'school lunch' in to ensure compliance with food safety/handling requirements.
- C.** Although the provision of school lunch aims to cater for varied dietary preferences, we cannot cater for students or staff with serious allergies. Due to the nature of the 'school lunch' system, we cannot guarantee that cross contamination of ingredients will not occur, or that all parents will be aware of community members with serious allergies.
- D.** All effort is made to provide the healthiest, child friendly lunch possible, including minimising food additives, preservatives, colours, flavour enhancers and other forms of processed chemical components and foods commonly known to have a negative effect on health.
- E.** School lunches will include vegetarian, vegan, gluten-free and dairy-free options where these options are requested by families in advance. Other food restrictions due to allergies or preferences can only be catered to by individual arrangement with the parent cooking. Parents will provide suitable meals for students with notified dietary requirements not catered for.
- F.** The Kitchen Coordinator will ensure there is always an up-to-date list of students with dietary restrictions displayed in the kitchen.
- G.** Students are required to bring their own food for breaks and on days when school lunch is not provided.
- H.** School lunch is a not for profit system and all accumulated funds will be used for kitchen supplies and equipment.
- I.** Parent volunteers working on a roster system are used to make school lunch possible. Tasks include food shopping, preparing food and helping to serve and clean up. Staff are not required to organise or prepare school lunch. Staff will support to oversee the serving of school lunch.
- J.** Parents are encouraged to avoid using plastic shopping bags and incorporate other environmentally sustainable practices when shopping for and preparing school lunch.
- K.** All parents must complete a Food Handling course before participating in the school lunch roster. This requirement will be organised and tracked by the Kitchen Coordinator.
- L.** Appropriate health and hygiene practices must be followed when preparing and serving food at school. Information will be displayed in the kitchen and communicated to the community regularly by the Kitchen Coordinator.
- M.** The Kitchen Coordinator, in conjunction with administration staff, will ensure the KSCS commercial kitchen meets and maintains compliance with relevant Council requirements.

Sharing of food

- A.** Students are not permitted to share food from their lunch boxes.
- B.** Staff will endeavour to provide monitored opportunities to share meals. For example, Birthdays, picnics and after school events.
- C.** Parent-led initiatives to share food (e.g. 'abundance bowl') are encouraged but are the responsibility of parents to ensure food is suitable and stored safely.



Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

