



## **FOOD AND NUTRITION GUIDELINES**

### **RATIONALE**

Students and staff are to be encouraged to make healthy eating choices by eating food that contributes positively to health. Healthy eating patterns are essential for students to achieve their full potential, full physical and mental growth and lifelong health and well-being. The school has a responsibility to help students and staff to establish and maintain healthy eating patterns.

### **PURPOSES**

1. To provide an environment that encourages and supports healthy eating.
2. Through classroom programmes, help students understand the factors that influence their food and beverage choices and the possible long-term effects of their choices on their well being.

### **GUIDELINES**

1. Through classroom programmes, students will be guided and encouraged to make healthy eating choices. Eg. Life Education.
2. Students will be encouraged to wash their hands before eating and asked to sit down while eating their food at both interval and lunchtime.
3. Adults are encouraged to model healthy eating habits.
4. Water will be the preferred beverage.
5. Where possible, foods available for school fundraising, school camps, festivals and sports days will be consistent with this procedure.
6. Treats at the two school discos will be kept to a minimum.

Reviewed: March 2019

Next Review: March 2022