

Lake Monger Primary School

Healthy Food and Drink Policy

SCHOOL

Objectives:

1. Promote and support healthy eating and drinking for the children in our care.

Guidelines:

1. Promote and support the 'Crunch and Sip Program' in classes.
2. Promote and support the 'Nude Food' program through the school.
3. Parents to consider 'healthy' recipes for birthday cakes/ cupcakes at school.
4. Promote the drinking of water only.

CANTEEN

Objectives:

1. As part of the P&C, provide personnel to manage canteen's operations.

Broad Guidelines:

1. Encourage support from P&C members to volunteer to support our canteen.
2. Encourage and provide training to paid and volunteer workers in our canteen.
3. Implement the 'Traffic Lights Program – Food Standards'.

Guidelines:

5. Opening times of canteen to provide a service to students and families.
6. Keep the canteen in a clean, hygienic workplace.
7. Manage the funds of the canteen and understand this is auditable annually as part of the P&C.
8. Report progress of canteen operations to P&C Meetings.
9. Provide Canteen facility for children's Breakfast Program.

Overall Outcomes:

1. Children experience eating a wide range of healthy foods so they have the energy for learning and growing.
2. Nutrition and Physical activity messages are being taught in the classroom to promote healthy living.
3. Parent education about healthy eating choices provided at class/ parent meetings and through the newsletter.