



## YACKANDANDAH PRIMARY SCHOOL

### **HEALTHY EATING AND ORAL HEALTH POLICY 2017**

#### **PURPOSE:**

Yackandandah Primary School aims to provide our students and their families with an environment that supports the development of good nutritional habits.

#### **GUIDELINES:**

1. Knowledge of healthy eating and nutrition will be incorporated into the curriculum at all year levels.
2. All hot lunches and classroom cooking will comply with DET guidelines.
3. Food handling guidelines will be followed in any food preparation and serving.
4. A fruit and/or vegetable break will be taken at an appropriate time for all students each day.
5. Students are encouraged to have access to water in class and throughout the school day.
6. Healthy eating and oral health information will be provided to families via regular newsletter updates and the school website.
7. Healthy eating will be encouraged at sporting events and on school camps and excursions.

#### **OUTCOMES EXPECTED:**

- Students will enjoy a balanced and nutritious diet at school.
- Students will be able to make informed decisions regarding healthy food choices.

#### **RESPONSIBILITY:**

- The Nutrition Policy is the responsibility of the Policy Sub-committee

#### **ASSOCIATED POLICIES / DOCUMENTS:**

- Hot Lunch procedures
- Food handling

#### **REVIEW:**

In accordance with the Policy Review Table, the Nutrition Policy will be scheduled for review in 2019.