

Mt. Macedon Primary School

FOOD POLICY



Purpose:

Students are encouraged to eat regularly throughout the school day. To ensure students maintain a healthy lifestyle eating needs to be managed appropriately.

Guidelines:

- To ensure that eating food at our school is safe and the provision of food promotes a healthy lifestyle.
- Brainfood is a healthy snack that can be eaten without interrupting a student's learning

Implementation:

- The school curriculum will include the benefits of healthy foods, exercise and a healthy lifestyle
- It is the responsibility of a student's parents to inform the teacher and school of health issues at the start of each year
- Due to issues related to anaphylaxis, allergies, diabetes etc students with a Health Management Plan are not to swap food with others, and are not to be provided with food via the school that parents have not supplied or approved
- The exclusion of nuts or nut products or other food allergens to students will be managed on a case to case/ grade to grade basis
- Students are encouraged to bring food for brainfood, morning tea and for lunch
- Students are encouraged to eat brain food and drink water during class time
- Students are not permitted to eat non-healthy foods during class time
- Students are not permitted to eat during Physical Activity sessions
- Once a week students have the opportunity to order a lunch via a local bakery with a balance of regular and healthy food options
- Students are not permitted to use chewing gums
- Students are to eat morning tea and lunch in the classroom or assembly area during designated eating times
- Students are not permitted to wander around the school eating food at recess or lunch times
- Rubbish bins will be placed in each classroom and in the designated outside quiet areas
- Class parties when arranged will have a balanced range of foods

Ratified:

Review Date:

- Food provided by other adults to celebrate birthdays need to have ingredients listed

Evaluation:

This policy will be reviewed with staff, student, parent and community input as part of the school's three year review cycle.

Ratified:

Review Date: