

Concord School

Food and Nutrition Policy

Rational:

It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. Staff is encouraged to model healthy eating as a valuable part of daily life.

Date: 5 November 2009

Signature:

Purpose:

- To encourage students to be responsible for their own health
- To ensure students receive clear, consistent messages about the importance of healthy eating
- To actively promote the National Food and Nutrition Guidelines:
 - Eat many different kinds of food each day
 - Eat enough food for growth and activity
 - Mini meals and snacks are okay
 - Drink plenty every day
 - Offer treat foods every now and then
 - Take part in regular physical activity
- To be sensitive to family and cultural issues

Strategies:

- Class room programmes will encourage students to take responsibility for own health
- Staff members will be encouraged to model and promote healthy eating behaviours
- Promote foods that are low in fat, sugar, and salt
- Where possible, foods available for school fundraising, at school camps, festivals and sports days will be consistent with this policy.

Review date:

November 2010