



SALISBURY HEIGHTS PRIMARY SCHOOL

HEALTHY EATING GUIDELINES



Government of South Australia
Department for Education

Related policies, procedures, guidelines, standards, frameworks	<ul style="list-style-type: none"> - Education Act 1972 - Right Bite Food and Drink Supply Standards for South Australian schools
Approved by:	<ul style="list-style-type: none"> - Governing Council
Approval date:	
Review date:	



Salisbury Heights Healthy Eating Guidelines

Excellence and Care

Salisbury Heights Primary School's food and drink policy guides:

- the positive choices students make towards the food and drinks they consume
- how staff, parents and carers will support healthy eating
- the healthy eating option supplied by the school to support healthy eating

The Salisbury Heights Primary School's Healthy Eating policy aligns with the Department for Education Right Bite Food and Drink Supply Standards.

When the Right Bite Food and Drink Supply Standards Apply

The Right Bite Food and Drink Supply Standards aim to create a positive food environment for all students.

The standards are recommended as best practice for all public schools and out of school hours care. The traffic light system (Appendix 1) is utilised to classify food and drinks according to their nutritional value. Food and drink's nutritional value determines the amount of times they are able to be supplied by the school. The traffic light system applies to all food and drinks supplied or sold to students in the following settings at Salisbury Heights Primary School.

- our school canteen
- food and drinks provided by an outsourced provider
- our breakfast club program
- excursions and camps
- fundraising events and sports days
- classroom activities including celebrations
- rewards, incentives, gifts, prizes and giveaways
- out of school hours care (OSHC)



How we implement the department's standards

We will support healthy eating for our children and young people with these actions.

Why Salisbury Heights Primary School follows the Right Bite Food and Drink Supply Standards

School food services can have a major impact on the foods and drinks that students are exposed to and consume. Enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom
- activities and for healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness

It is important that parents, teachers and students work together to support a whole-school-approach to healthy eating and build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

As a school, we believe a healthy school service:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with Australian Dietary Guidelines
- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents and the wider school community
- is an integral part of the entire healthy school environment

Promote

At Salisbury Heights Primary School, we aim to promote only foods in the green and amber categories on a regular basis and to not promote categories 1 and 2 with:

- posters, flags or banners
- straw or serviette holders
- promotional stands or counter signs
- marketing on catering equipment such as fridges, freezers or product stands

Teach

All students at Salisbury heights Primary School will engage in pro-active, informative and practical learning to support them to enhance their health, safety and participation in physical activity.



Work with others

It is important that parents, teachers and students work together to build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle. To support a whole-school-approach to healthy eating, Salisbury Heights Primary School endeavours to work with and alongside families and the wider community to promote, educate and model healthy eating practices.

Special dietary requirements

Some students may require special diets for medical reasons. Salisbury Heights Primary School aims to meet these needs as far as possible so that all children can enjoy eating healthy food and drinks supplied by the school. Any special needs for children with disabilities such as modified texture diets or students limited by allergies or cultural beliefs are also considered as far as possible.

The school must be provided advice of any special dietary needs by parents/caregivers.

Responsibilities of parents and carers

- To not supply food for children's birthdays. Birthdays will be acknowledged through classroom routines
- To support the implementation of the Healthy Eating Guidelines

Whole-School Events/Special Occasions

- Will be our 'chosen red category 1 days' whereby we provide relevant foods
- Class parties will also be aligned as one of our 2 'chosen red category 1 days'
- The school and staff will restrict supplying any foods in the red category 2 to students throughout the year whether it be as a reward, special occasion or a whole-school event

Emergency Lunches

Please find below the process the school will follow if students come to school without a full lunch box:

1. Class teachers to check student lunch box/bag to confirm student has no food to eat
2. Student will be sent to the office to receive an 'Emergency Lunch Card'.
3. The student will take this card to the canteen to receive an emergency sandwich to eat (this will be at no extra cost to the family)

Note*** Student use of emergency lunches will be monitored by Admin staff.

Links to the curriculum and DfE for further information

For further information about the Right Bite Food and Drink Supply Standards, please visit the link below:

- [Right Bite Food and Drink Supply Standards for school canteens \(education.sa.gov.au\)](https://www.education.sa.gov.au/right-bite)



Appendix 1

**right
bite**

Food and Drink Supply Standards
for South Australian Schools
www.education.sa.gov.au/rightbite



Government
of South Australia
Department for Education

best options

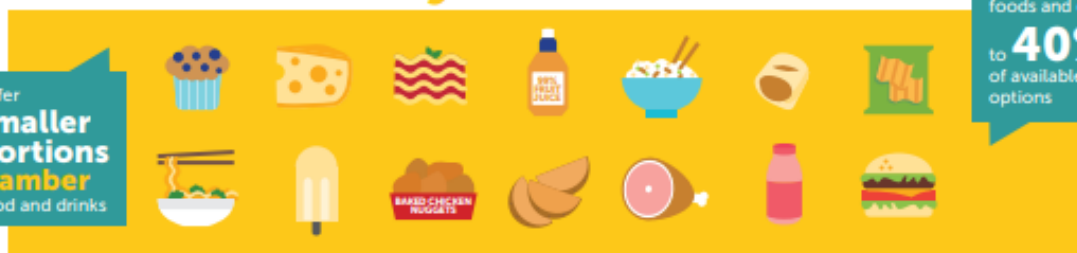
Offer and promote a **variety** of **green** food and drinks



green
foods and drinks
should make up
60%
of options

choose carefully

Offer **smaller portions** of **amber** food and drinks



limit **amber**
foods and drinks
to **40%**
of available
options

limit to twice per term



red 1 foods and drinks
should be limited to twice per
term, for example as part of
a whole of school celebration
or fundraising event

should not be supplied



red 2 foods and drinks
should not be supplied,
provided or sold to students



The Wellbeing SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Wellbeing SA FoodChecker to assess products, recipes and menus.

www.wellbeingsa.sa.gov.au/foodenvironments



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