



**Galilee**  
Catholic School

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## **Healthy Eating Policy**

*Implemented Term 1 2015*  
*Reviewed Term 4 2015*

# Galilee Healthy Eating Policy

## Purpose:

This policy aims to guide parents, students and staff at Galilee Catholic School in food choices to ensure health, wellbeing and productive learning for everyone.

*'Healthy eating is fundamental to good health throughout life for all people. It underpins healthy growth and development, contributes to health and wellbeing, positive mental health and quality of life, and plays a role in preventing disease and disability.'*

*DECD Healthy Eating Guidelines, 2004*

## Principles:

- This policy seeks to encourage beneficial food choices by parents and children
- We understand that food choices affect children's ability to learn, concentrate and participate
- Children at Galilee sit down and eat in or adjacent to their homerooms
- The food children and adults bring to school influences others around them
- Needs of individual children will be accommodated at the scale appropriate for the need. This relates to dietary needs for medical conditions, food intolerances and allergies
- At Galilee we help create a sustainable environment by minimising waste
- Children are encouraged to be mindful of the people who have prepared their food and give thanks by saying grace together

## Policy Statements:

### *Morning Fruit*

- Galilee provides a small serve of fresh seasonal fruit and vegetables to all students each morning

### *Morning Tea and Lunch*

- Insulated lunch boxes with an ice pack are recommended
- Children will take uneaten food home so the parent/carer can see what has and has not been eaten at school
- To support the environment, families are encouraged to use reusable containers instead of disposable containers and/or plastic wrap – wrappers are sent home

### *Drinks in drink bottles*

- Water is the only drink to be provided

### *Food*

- The following foods are not appropriate for school:
  - Chips, crisps and other preserved salty snacks
  - Confectionery including gum, chocolate, sweets, lollies and mints
  - Food from a fast food outlet
  - Food that requires heating up
  - Fruit boxes, cordials, sports drinks and flavoured milks

### *Special Occasions*

- We recognise that food is a part of celebrations and special events in our culture when 'special occasion' foods (see page 4) will be a part of these special events and/or celebrations

### *Birthdays*

- Your child's homeroom teacher will establish a birthday celebration practice in consultation with the home group. In establishing the practice, discussion will include:
  - Education on healthy eating
  - Awareness on different ways to celebrate
  - Respect for different opinions, cultures, values
- The practice will be communicated to you through a homeroom or stage newsletter

### *Special Dietary Needs and Food Allergies*

- If a child is found to have a special dietary requirement, food intolerance or allergy, the child's parent or carer will inform the child's teacher and Galilee front office as soon as possible, to ensure it is properly recorded and understood
- If the child's dietary needs require other children to refrain from certain foods or alternate procedures due to a health risk from the severe allergy (e.g. nuts), then the child's home room teacher will establish a supportive strategy in consultation with the family and the school principal to communicate this with all the affected families
- Foods that are medically appropriate for the child will be provided by their parent or carer, in consultation with the homeroom teacher

## **Support to Implement the Policy**

To support the implementation of this policy the school staff's responsibility is to:

- Provide an educative program for students and their families through the teaching and learning programs
- Work in partnership with the Parents and Friends Co-ordinating Group (PFCG)
- Facilitate a range of practical opportunities and relevant information
- Model appropriate healthy food choices
- Be mindful of this policy when preparing for school events and celebrations
- Provide supportive eating times where students and staff build relationships and support one another

To support the implementation of this policy it is the responsibility of families and students to provide snacks and lunches that consist of:

- Vegetables, legumes, fruits and cereals (including breads, rice, pasta and noodles)
- Lean meat, fish, poultry and/or alternatives
- Yoghurts, cheeses and/or alternatives
- Only water as a drink
- Foods that are low in saturated fats
- Foods that are low in salt

- Foods that are low in sugar

If a child brings food to school that may not fit within the policy, the following processes will be used:

- A conversation with the child and a reminder note will be sent home
- A conversation with parents
- A closer, supportive partnership will be formed with the family

**Further information:**

The Galilee Healthy Eating Policy operates in conjunction with the SA Government’s Eat Well SA Healthy Eating Guidelines, launched in 2004 and the Right Bite policy which classifies food and drink into three categories according to their nutritional or ‘healthy eating’ value.

A summary of these categories is below (this information is from the Department of Education and Child Development Right Bite Guide). This information is intended to be a guide that provides some examples. If you wish to clarify any aspects of food appropriate for eating at school, please talk to Galilee leadership and teaching staff.

**Green Choose and eat plenty of these foods – most of food in lunch box**

Food Type	Some examples
Breads	White, multigrain, wholemeal, rye, hi-fibre breads or rolls including: burritos, English muffins, focaccia, lavash, Lebanese, pita, raisin/ fruit, tortillas and Turkish. Some corn crisp breads and rice cakes.
Cereal foods	Rice, pasta, noodles, polenta and burghul/cracked wheat (often used in tabouli salad).
Breakfast cereals	Wholegrain breakfast cereals high in fibre and lower in salt and sugar.
Vegetables	Fresh and frozen vegetables used in a variety of different ways.
Fruit	Washed fresh fruits, frozen, canned and dried fruits.
Legumes	All forms of prepared beans and peas – baked beans, red kidney beans, soy beans, mung beans, lentils, chickpeas, peas, bean curd, tofu and pappadums (made from legume flour).
Reduced fat dairy products	Low fat yoghurt, custard and cheese. Check the labels, as some low fat foods can be high in sugar.
Lean meat, fish, poultry and alternatives	Lean chicken, beef, lamb, pork, canned tuna and salmon and eggs. Unsalted plain and mixed nuts. See information from school in regards to eating of nuts.
Drinks	Water is the best drink and a great thirst quencher!

**Amber** Choose carefully, don't let these foods dominate, avoid large serving sizes

Food Type	Some examples
Full fat dairy foods	Yoghurt, custard and cheese. Full fat dairy foods are higher in saturated fat and full fat flavoured milks in large serve sizes can contribute excess energy (kilojoules).
Processed meats	Use in small amounts only, as larger serve sizes can provide too much saturated fat and/or sodium. Examples include fritz, ham, salami, bacon, chicken roll, corned beef and pastrami.
Margarine, mayonnaise and oil	Choose polyunsaturated or mono-unsaturated (and reduced salt) varieties and use sparingly. Make sure you can see the bread through the spread!
Spreads	Use sparingly. Choose reduced salt varieties where available. Examples include peanut butter and other nut spreads, fish, chicken and meat paste, yeast spreads. See information from school in regards to nut spreads for your children.
Snack food bars	Check the label. Examples include breakfast bars, cereal bars, and fruit bars.
Savoury snack foods and biscuits	Check the label. Examples most likely to fit here include oven baked snack biscuits, some popcorn, and some dry biscuits.
Cakes, muffins and sweet biscuits	Check the label. Some un-iced cakes, muffins and sweet biscuits that are a small to medium serve size or have been modified (e.g. reduced levels of fat and/or sugar and include fibre) may fit into the AMBER category. Home made foods can be made and eaten with controlled, nutritious ingredients.

**Red** Special occasion foods

Food Type	Examples
Drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, sports drinks, cordials, flavoured mineral waters, sports waters and fruit drinks.
Confectionery	Confectionery – all types.
Drinks containing caffeine or guarana	Drinks containing caffeine, such as coffee milk, or guarana (a natural caffeine source), such as energy drinks
Artificially sweetened food and drinks	All types.
Deep fried foods	All types.
Snack foods	Savoury snack foods – crisps, chips, biscuits and other similar products.
Ice-creams	All types.
Cakes and slices	Cakes, muffins, sweet pastries and slices – croissants, doughnuts, cream-filled buns/cakes, sweet pastries, slices and bars. Medium to large serves of many cakes and muffins.
Savoury pastries	Pies, pasties, sausage rolls.
Other savoury hot or cold foods	Pasta meals, pizzas, baked potato products, dim sims, fried rice and noodles, crumbed and coated foods, frankfurts and sausages.

We understand that some home cooked foods can be healthier alternatives to store bought items in the amber and red sections above, especially when wholesome, healthy ingredients have been used. Please talk with your child's teacher or school leadership if you wish to clarify lunch box foods.

The healthy eating guide below provides a visual example of the variety of foods that are great for children's lunch boxes. The examples are not exhaustive. The size of each section of the plate is a guide for the proportion of food coming from that food group in the lunch box. This visual guide is also a great reminder for all adults too. We recommend that the milk highlighted in the dairy section be a drink for home. Water is the recommended drink for school.

# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



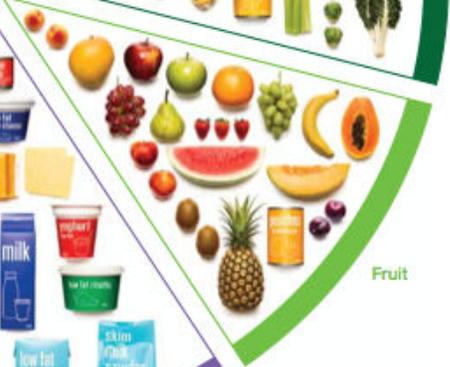
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts

