

Booborowie Primary School

Healthy Food Policy

Rationale

Booborowie Primary School is committed to nurturing healthy eating habits within the school community. This will be facilitated through a whole of school approach to healthy eating. Healthy eating has a long lasting and positive impact on a child's growth, development, health and wellbeing. It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for their lifetime. Healthy eating will maximise a child's concentration and ability to learn. The school environment has a significant influence on children and their families. As a school and its wider community, we will aim to develop a positive attitude to healthy eating through the curriculum, food provision and links with families and the community.

Aims

- To encourage an enjoyment of healthy eating and drinking habits within our school and wider community.
- To reinforce healthy eating practices across the school curriculum
- To ensure that all aspects of food and nutrition in the school promote healthy and wellbeing of students, staff and visitors to our school.
- To equip student with the appropriate knowledge and skills to enable them to make informed healthy lifestyle choices throughout their life.
- To equip parents with the appropriate knowledge and skills to enable them to assist their child to adopt healthy eating practices.
- To encourage the whole school community to be responsible for their own health and in turn, promote a positive attitude to healthy eating habits.
- To improve students health and wellbeing; this should translate to improved educational outcomes for all students at Booborowie Primary School.

Implementation

Children at our school:

- The school will incorporate the SA Health Healthy Eating Guidelines
- All students will have water bottles on their tables which contain only water and they will be encouraged to drink water regularly throughout the day.
- The school will promote and encourage the drinking of water and the importance of healthy eating with articles in the newsletter.
- The school promotes the consumption of fruit and vegetables and healthy food options in line with Australian Guidelines.
- Food and drink are not used as an incentive or reward at any time.
- The students are provided with a positive eating environment with relaxed, social and enjoyable experiences.
- The school has a designated lunch eating time to ensure students eat their lunch. This also gives the teacher the opportunity to observe food choices. The principal will follow up with families when children appear to have been provided with inadequate lunches.
- Teachers plan curriculum using SA Health documents and Australian curriculum to provide instruction on the importance of eating a variety of foods and an understanding of the role of a healthy food intake.
- The school will involve itself in local strategies designed to raise an awareness of or to promote healthy foods eg: local fruit growing or local farming industry promotion.
- The school will provide information for parents about healthy nutrition to help families provide healthy lunchboxes and snacks.
- Staff members are encouraged to model healthy eating habits whilst at school.
- Fund raising activities will not always focus on the promotion of unhealthy foods that do not complement our healthy foods philosophy.
- We request items on the Shop's School Lunch List only are purchased for school lunches.

Recommended Food

<ul style="list-style-type: none"> • We encourage families to provide ‘Litter Free Food.’ • Food-related health support planning Our school liaises with families whose children are on special diets or who have specific food allergies to ensure that the site has a good understanding of that child’s needs. <p>OUR SCHOOL PROVIDES A NUT FREE ENVIRONMENT</p> <ul style="list-style-type: none"> • Our school has the following guidelines for families for food brought from home • We encourage sharing of surplus fruit and veg harvest to support the school’ cooking program and families’ food budgets. • 	
<p>Fruit Time: Optional if children are hungry.</p> <ul style="list-style-type: none"> • Crunchy fruit and vegetables for ‘fruit time’ provide children with important minerals and vitamins • Encourage a taste for healthy foods • Encourage chewing which promotes oral muscle development and hygiene. • Students may continue to work while the morning snack is being eaten. 	<p>Recess:</p> <ul style="list-style-type: none"> • Parents to supply healthy options using the healthy eating guideline • Many children who have had a fruit break during the morning are not very hungry again at recess. They may only want another piece of fruit or a small snack. • Limit discretionary foods
<p>Lunch Healthy options using the Healthy Eating guideline</p> <ul style="list-style-type: none"> • Healthy lunches need to be balanced and can include fresh fruit, crunchy veg and a combination of protein (eg hard boiled eggs), dairy (eg cheese, yoghurt) and starchy foods (eg bread, pita bread). • Most children only eat up to one sandwich and a piece of fruit or a yoghurt during 10 minute eating time. • Children will take home uneaten food to help you monitor how much your child is wanting to eat each day. • We will let you know if your child is still hungry when they have eaten all their food. • Children will be asked to eat their sandwich, fruit etc BEFORE they eat snacks, cake, biscuits etc. 	<p>Food Safety at Our School</p> <ul style="list-style-type: none"> • Promotes and teaches food safety to children during food learning/cooking activities • Provides adequate hand washing facilities for everyone prior to eating. • Promotes and encourages correct hand washing procedures with children • All food is stored hygienically in the fridge provided onsite. • Children bringing heat-ups or sandwiches to be toasted are asked to put them on the shelf in the office when they arrive at school in the morning. Staff put them in the fridge asap.

Evaluation

Approved by the Booborowie Primary School Governing Council Inc on

This policy will be reviewed as part of the school’s three-year review cycle

What are discretionary food choices?

Some foods and drinks do not fit into the Five Food Groups because they are not necessary for a healthy diet and are too high in saturated fat and/or added sugars, added salt or alcohol and low in fibre. These foods and drinks can also be too high in kilojoules (energy). Many tend to have low levels of essential nutrients so are often referred to as 'energy-dense' but 'nutrient-poor' foods. The problem is that they can take the place of other more nutritious foods. Also, the higher levels of kilojoules, saturated fat, added sugars, added salt and/or alcohol that they contain are associated with increased risk of obesity and chronic disease such as heart disease, stroke, type 2 diabetes, and some forms of cancer.



It is easy to have too much and too many of these foods and drinks, and many people do. If you are trying to lose weight, you are unlikely to be able to fit these foods into your lower kilojoule target. However, for people in their normal weight range, these foods and drinks in occasional, small amounts, can add variety and enjoyment to eating. These 'optional' foods and drinks are referred to as 'discretionary choices'.

'Discretionary' foods and drinks include sweet biscuits, cakes, desserts and pastries; processed meats and fattier/salty sausages; sweetened condensed milk; ice cream and other ice confections; confectionary and chocolate; savoury pastries and pies; commercial burgers with a high fat and/or salt content; commercially fried foods; potato chips, crisps and other fatty and/or salty snack foods including some savoury biscuits; cream, butter and spreads which are high in saturated fats; sugar-sweetened soft drinks and cordials, sports and energy drinks and alcoholic drinks.

What types of food are included in this category?

Higher added sugars		Higher fat		Higher fat & added sugars		High alcohol
Energy drinks	Sugar	Bacon, ham	Pizza	Biscuits	Puddings	Beer
Fruit drinks	Sugar	Butter, cream, ghee	Potato chips	Cake	Slices	Liqueurs
Honey	Sugar confectionary	Certain tacos, nachos, enchilada	Quiche	Chocolate/Bars	Some confectionary	Mixed alcoholic drinks
Jams, marmalade	Sweetened soft drinks and cordials	Crisps	Salami/mettwurst	Dessert custards	Some sauces/dressings	Port
Some sauces	Sweetened waters	Dairy blends	Some processed meats	Doughnuts	Sweet muffins	Sherry
	Syrups	Frankfurts etc	Some sauces/dressings	Ice cream	Sweet pastries	Spirits
		Meat pies	Spring roll	Iced Buns	Sweet pies and crumbles	Wines
		Pastry		Muesli bars		

What is a serve of Discretionary foods?

One 'serve' of a discretionary food, is the amount that contains 600kJ. To find out how much of a particular discretionary food would be equal to one 'serve', you can use the [nutrition information panel](#) (to work out what amount of the product would contain 600kJ).

For example, a serve of these discretionary foods that provides about 600 kJ is:

- 2 scoops (75g) regular ice cream
- ¼ cup condensed milk
- 50-60g (about two slices) processed meats, salami, mettwurst
- 1 ½ thick or 2 thinner higher fat/salt sausages
- 30g salty crackers (a small individual serve packet)
- 2-3 sweet biscuits
- 1 (40 g) doughnut
- 1 slice (40 g) plain cake or small cake-type muffin
- 40g sugar confectionary (about 5-6 small lollies)
- 60g jam/honey (about 1 tablespoon)
- 1/2 small bar (25 g) chocolate
- 2 tablespoons (40 g) cream
- 1 tablespoon (20 g) butter or hard margarine
- 200 mL wine (2 standard drinks (note this is often 1 glass for many Australian wines)
- 60 mL spirits (2 standard drinks)
- 600 mL light beer (1½ standard drinks)
- 400 mL regular beer (1½ standard drinks)
- 1 can (375 mL) soft drink
- 1/3 (60 g) commercial meat pie or pastie
- 12 (60 g) fried hot chips

How do discretionary foods fit into a healthy diet?

Some people require extra serves for example, those who are taller and more active and these can sometimes include extra serves of **discretionary foods**. It is best if these extra serves come from the five food groups, particularly wholegrain cereals, vegetables including legumes/beans and fruit. However, they can also sometimes include serves of discretionary foods.

If you are aiming to lose weight, you are more likely to be successful if you minimise discretionary foods, because they are high in kilojoules but low in essential nutrients.

There are lots of ways to cut down on discretionary foods that includes; **swapping them** for foods from the five food groups, **planning for eating out** and eating more 'mindfully' and **limiting portion size**.

Recommended number of serves for children, adolescents and toddlers

The dietary patterns in the table below provide the nutrients and energy needed for all children and adolescents of average height with sedentary to moderate activity levels.

Additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices are needed only by children and adolescents who are taller, more active or in the higher end of a particular age band, to meet additional energy requirements.

Recommended average daily number of serves from each of the five food groups*						Additional serves for more active, taller or older children and adolescents
	Vegetables & legumes /beans	Fruit	Grain (cereal) foods, mostly wholegrain	Lean meat & poultry, fish, eggs, nuts, seeds, & legumes/beans	Milk, yoghurt, cheese and/or alternatives (mostly reduced fat)	Approx. number of additional serves from the five food groups or discretionary choices
Toddlers						
<i>An allowance for unsaturated spreads or oils or nut/seed paste of 1 serve (7–10g) per day is included. Whole nuts and seeds are not recommended for children of this age because of the potential choking risk.</i>						
1-2	2-3	½	4	1	1-1½	
Boys						
<i>*Includes an allowance for unsaturated spreads or oils, nuts or seeds (½ serve [4.5g] per day for children 2-3 years of age, 1 serve [7-10g] per day for children 3-12 years of age; ½ serves [11-15g] per day for children 12-13 years, and 2 serves [14-20g] per day for adolescents 14-18 years of age and for pregnant and breastfeeding girls).</i>						
2-3	2 ½	1	4	1	1 ½	0-1
4-8	4 ½	1 ½	4	1 ½	2	0-2 ½
9-11	5	2	5	2 ½	2 ½	0-3
12-13	5 ½	2	6	2 ½	3 ½	0-3
14-18	5 ½	2	7	2 ½	3 ½	0-5
Girls						
2-3	2 ½	1	4	1	1 ½	0-1
4-8	4 ½	1 ½	4	1 ½	1 ½	0-1
9-11	5	2	4	2 ½	3	0-3
12-13	5	2	5	2 ½	3 ½	0-2 ½
14-18	5	2	7	2 ½	3 ½	0-2 ½
Pregnant	5	2	8	3 ½	3 ½	0-3
Breastfeeding	5 ½	2	9	2 ½	4	0-3

Serve Sizes

What is a serve of grain* (cereal) food?

A standard serve is (500kJ) or:

- 1 slice (40g) bread
- ½ medium (40g) roll or flat bread
- ½ cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa
- ½ cup (120g) cooked porridge
- ⅔ cup (30g) wheat cereal flakes
- ¼ cup (30g) muesli
- 3 (35g) crispbreads
- 1 (60g) crumpet
- 1 small (35g) English muffin or scone



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

What is a serve of vegetables*?

A standard serve is about 75g (100-350kJ) or:

- ½ cup cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)
- ½ cup cooked dried or canned beans, peas or lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 medium tomato



*With canned varieties, choose those with no added salt

How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?

A standard serve is (500-600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste



*Choose those with no added salt

What is a serve of fruit?

A standard serve is about 150g (350kJ) or:

- 1 medium apple, banana, orange or pear
 - 2 small apricots, kiwi fruits or plums
 - 1 cup diced or canned fruit (no added sugar)
- Or only occasionally:
- 125ml (½ cup) fruit juice (no added sugar)
 - 30g dried fruit (for example, 4 dried apricot halves, 1½ tablespoons of sultanas)



Source: <https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>