



HEALTHY EATING POLICY

RATIONALE

This policy has been developed by the school canteen staff in conjunction with the Food Technology department.

It is based on principles of "Go for your Life" healthy eating policy as per the State Government guidelines for all Victorian Schools.

PURPOSE

The purpose of the policy is to develop a whole school approach to healthy eating/healthy lifestyle both in and outside of Lara Secondary College. We believe all students have the right to be healthy, eat healthy foods and be educated and supported by their school community. At Lara Secondary College we accept the need for a comprehensive and coordinated approach to healthy eating across the school community and acknowledge that schools are only one part of a community response to this issue.

The College aims to develop and maintain a health-promoting environment for all students, staff, the school community and all other relevant stakeholders.

IMPLEMENTATION

Primary prevention strategies

Our aim is to build on the existing framework of the school canteen at Lara Secondary College and abide by the Government guidelines on food groups (Traffic Light System) and offer education and choices accordingly.

This will include:

- **Green Food groups** – to be provided on a daily basis through the canteen.
- **Amber Food groups** – to be offered occasionally throughout the school (including class rewards)
- **Red food groups** – only to be offered a maximum of 2 times per term (including class rewards)
- To promote and educate the school community about the benefits of this program.
- Actively seek and promote healthy alternatives for class or group rewards from the green and amber food groups.

Staff Response Guidelines

The staff at Lara Secondary College will to adhere to the food groups set out and endeavour to offer green or amber food types as class rewards etc.

The staff at Lara Secondary College may be required to:

1. Seek Advice

This is essential to find out what foods may be offered for special functions (this advice may be obtained from the canteen/Food Technology department)

2. Educate and Promote

Talk to the student/s regarding healthy choices and explain the foods available in each group.

3. Use relevant information

Place posters and related information on notice boards around the school promoting and explaining guidelines of the Healthy Eating Policy.

Promotion of Healthy Eating Policy

To successfully implement the Healthy Eating Policy, all stakeholders will need to be kept informed. This will be undertaken by way of:

1. Parents/Caregivers

Staff will offer feed back and advice to all parents/caregivers on the content of the “Go for your Life” healthy eating approach at Lara Secondary College.

2. School Community Communication

Offer feedback via the School Council on the Lara Secondary College commitment to the “Go for your Life” healthy eating philosophy. Promotion will also be undertaken through the College Times.

3. Media Communication

Every opportunity will be undertaken to maximise media exposure to Lara Secondary College’s philosophy of Healthy Eating.

EVALUATION OF POLICY

The Core Team will ensure that a staff evaluation of this policy takes place each year.

Indicators of successful implementation will include:

- Documented consultations with staff, parents and the community
- External audit of policy adherence
- Staff awareness and compliance
- The provision of professional development for staff