**Teven- Tintenbar Public School**

Nutrition Policy

**Rationale**

It is NOT the policy of Teven-Tintenbar Public School to mandate to parents what food to provide for their children on a daily basis. The following policy sets out procedures for incidences where the school and canteen has the responsibility to provide food or avenues for food to be purchased by students. It is hoped that parents will, when providing lunches, consider the recommendations of the NSW Department of Health.

Likewise, food sold in our canteen meets the Fresh Tastes @ School guidelines. Parents have the choice about whether their child purchases food from the canteen or other events, simply by not providing money to their child.

**Objectives**

Any activities and programs within the school setting relating to or involving food and drink will promote healthy eating and good nutrition to students.

Implementation of the Fresh Tastes @ School - NSW Healthy School Canteen Strategy, as outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, is mandatory for our canteen planning.

All sugar sweetened drinks that exceed the nutritional criteria for ‘occasional’ foods outlined in the Fresh Tastes @ School Canteen Menu Planning Guide, are not permitted at our school.

The teaching of nutrition education is part of the Personal Development, Health and Physical Education (PDHPE) key learning area and is mandatory for all students from Kindergarten to Year 10. Teaching and learning and all class activities in all other key learning areas will reinforce healthy eating and good nutrition wherever possible.

All school activities that involve the provision of food and drink to students will be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Whenever possible, off site school activities that involve the provision of food and drink to students, including excursions, camps and school functions will be consistent with the Fresh Tastes @ School - NSW Healthy School Canteen Strategy.

Where school activities involve the provision of food and drink to the wider school community consideration should be given to modelling and promoting healthy eating.

Our school canteen will provide a safe and hygienic food service and comply with National Food Law, Food Safety Standards (2002), Food Act 2003 (NSW) and Food Regulation 2010 (NSW).

School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (PD/2004/0034/V01)

<http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/index.php>

**Context**

The health and wellbeing of students is relevant to their learning and is important to schools. The present and future health of students can be enhanced by quality learning and positive experiences at school.

The NSW Government State Plan Priority S3 Healthy Communities (Obesity): Improved health through reduced obesity, illicit drug use and risk drinking, identified ‘Healthier Schools’ as a key priority in preventing childhood obesity in NSW.

The Australian Dietary Guidelines for Children and Adolescents are designed to help young people and their families choose food and drink for a healthy life.

**Current Programs**

1. Fundamental Movement Skills

This program belongs in our PDHPE Syllabus and forms part of our Physical Education Program. At least two hours per week is timetabled for PDHPE in every class.

1. Crunch and Sip

Crunch & Sip allows for children to eat fruit (or salad vegetables) and drink water in the classroom. Students ‘re-fuel’ with fruit or vegetables during the morning or afternoon – assisting physical and mental performance and concentration.

Crunch & Sip encourages fruit and vegetable snacking and drinking water. Crunch & Sip gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.



Ref: <http://www.crunchandsip.com.au/interface/pdf/PermittedFoodAndDrink.pdf>

1. Premiers Sporting Challenge

Our school is involved with two components of this program- The Premiers Sporting Challenge and the Premiers Sporting Challenge-Sports Leadership

The Challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time! The Premier's Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

The Sport Leadership program has been initiated to enable schools to use both student and teacher skills and interests in sport and physical activity to develop or expand current programs to provide for all students interests.

The objectives of the Premier’s Sporting Challenge Sports Leadership program are to provide an education pathway for student sport leaders from years 5 to year 8 and for teachers interested in the organisation of sport and physical activity programs in their school community.

For the students the program will develop and expand on a student’s knowledge, skills, interests and attitudes in sports officiating, sports coaching and sports administration.

4 NSW Department of Health- suggestions for school lunchboxes

**What to put in the lunchbox**

*A good helping of fruit and vegetables.* Fresh fruit is easy to pack. You can also try a tub of canned fruit or chopped fresh strawberries, pineapple or melon. Raw vegies such as carrot sticks, cherry tomatoes, cucumber or capsicum strips are popular as a snack or in a sandwich.

*Starchy food* like bread, rice, potatoes and pasta. Have a variety to choose from, such as wholegrain, wholemeal or high fibre breads, such as seeded rolls, Lebanese bread, pita, lavash, bagels; brown and white rice; or tricolour pasta.

*Lean protein* like tuna or salmon (fresh or canned in spring water or oils such as canola, sunflower or olive oil); boiled eggs; beans; or lean meat such as beef or chicken

*Reduced fat dairy food* like reduced fat yoghurt, reduced fat cheese or reduced fat milk

*A bottle of water* to keep your child hydrated all day. Freeze on hot days to keep the lunch box (and your child) nice and cool.

*Healthy choices-* look at food labels to help you choose the products that are lowest in saturated fat, total fat, sugar and salt. Avoid high fat spreads and try a little avocado, low fat mayonnaise, mustard or ricotta cheese instead.

Nutritious snacks *such as small box or bag of dried fruit, rice cakes or unsalted and unsweetened popcorn.*

And remember: Treats like chocolate or chips should only be included occasionally, not every day

[*http://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/lunch-box-ideas.aspx*](http://www.healthykids.nsw.gov.au/parents-carers/healthy-eating-and-drinking/lunch-box-ideas.aspx)

**AS WE HAVE SEVERAL CHILDREN AT OUR SCHOOL WHO SUFFER FROM ANAPHYLAXIS, WE ASK THAT YOU NOT PROVIDED YOUR CHILD WITH ANY NUT PRODUCTS.**

5 Fresh Tastes Canteen

The *Fresh Tastes* NSW Healthy School Canteen Strategy is all about giving students across NSW a taste for healthy foods. It heralds a move beyond nutrition guidelines for school canteens to a government-endorsed approach that helps schools determine the healthier types and frequency of foods that are available for sale in their canteens.

**TTPS Canteen Healthy Food and Drink Policy**

The Teven Tintenbar Public School Canteen Committee recognises and values the importance of healthy eating to our students, teachers, parents and guests. We will ensure a variety of healthy food and drinks are available during all Canteen events, including Friday openings, and special events.

The food sold at our canteen has been ratified by both the P&C and Canteen Committee over the past five years. Any concerns parents have about what is sold through our canteen should be directed to the P&C, and not to our very valuable volunteers who work in the canteen.

Standards for food and drink sold:

Teven Tintenbar Public School Canteen Committee will:

• Ensure that healthy food choices are promoted and displayed more prominently than other foods

• Ensure that healthy choices are priced competitively

• Ensure that the only food and drink advertising that is displayed supports our healthy eating policy

• Plan our menu using the traffic light guidelines as outlined below

**GREEN** – No limits, fill the menu

These foods and drinks are the healthiest choices and should be encouraged and promoted on the menu as foods to be eaten everyday. They are good sources of nutrients and are low in saturated fats, and/or added sugars and/or salt.

**AMBER** – Select these options carefully

These foods and drinks should be selected carefully to add variety to the menu and eaten in moderation. They have some nutritional value, contain moderate levels of saturated fat, and/or added sugar and/or salt. They can, in larger serves, contribute to excess energy intake. Our school meets the measurement guides for the sale of these items

**RED** – Limited from the menu

These foods and drinks are energy dense and nutrient poor. They are high in saturated fat, and/or added sugar and/or salt. They can contribute to excess kilojoule intake and should be eaten occasionally.

Under the guidelines, schools are allowed to have a maximum of 2 RED FOOD DAYS per term.

In 2013, the P&C approved the purchase of a slushy machine for our canteen. Adhering to NSW Canteen Association Guidelines the mixes that we use in our Slushy Machine are specially formulated using natural fruit juices, natural flavours, and natural colours. "Healthy Kids" registered range of Frutina Natural 99% fruit slush concentrates are certified by the NSW Canteen Association for use in School Canteens.

During "Red" Light days our mix is a traditional slushy mix. Serving quantities are once again in accordance to NSW Canteen Association guidelines.

*Healthy food and drink policy concerns*

To obtain more information on the policy or to voice your concerns, please contact the P&C either through attendance at a meeting (fourth Tuesday each month @ 7pm), making an appointment to speak to the school principal or by writing a letter / speaking to the P&C president or secretary.