



HEALTHY FOOD POLICY

PURPOSE

This policy aims to support a healthy eating environment in our high school, recognising the vital role that balanced nutrition plays in supporting students' physical and mental wellbeing, supporting a student's positive mood, good energy levels, and concentration for learning throughout the school day.

POLICY OVERVIEW

- **Promotion of Nutrient-Dense Foods:**
 - Encourage the consumption of whole foods, including fruits, vegetables, whole grains, lean proteins, nuts, and seeds.
 - Educate students about the benefits of balanced nutrition for mental and physical well-being.
- **Inclusion of Nuts and Seeds:**
 - Nuts and seeds are permitted as part of students' packed lunches and snacks.
 - Provide information to students and parents about the nutritional benefits of nuts and seeds, such as healthy fats, protein, vitamins, and minerals.
- **Managing Food Intolerances and Allergies:**
 - Educate students on how to manage their own food intolerances and allergies.
 - Promote awareness and understanding among the student body about food allergies and the importance of not sharing food.
- **Encouragement of Packing Healthy Lunches and Snacks:**
 - Encourage students to take responsibility for packing their own healthy lunches and snacks.

- Provide guidelines and resources to help students and parents make informed choices about what to pack, including sample meal plans and snack ideas.
- **Mindful Eating Practices:**
 - Teach students about the principles of mindful eating, including paying attention to hunger and fullness cues, eating slowly, and savouring food.
 - Encourage designated eating times where students can focus on their meals without distractions.
- **Eating Disorder Awareness and Support:**
 - Provide education on recognising signs of eating disorders and promote a positive body image.
 - Ensure access to resources and support for students who may be struggling with eating disorders, including referral to healthcare professionals.
 - Nurture a supportive and non-judgmental school environment where students feel safe discussing their concerns.
- **Waste-Reducing Practices and Recycling:**
 - Implement programs to reduce food waste, such as promoting the use of reusable containers and utensils.
 - Educate students on how to properly sort and recycle food packaging and organic waste.
 - Encourage students to take only what they need and to be mindful of portion sizes to reduce food waste.
 - Set up composting systems for organic waste and integrate recycling bins throughout the school.
- **Educational Initiatives:**
 - Implement nutrition education as part of the curriculum to teach students about the importance of healthy eating.
 - Organise workshops and seminars for students and parents on topics such as meal planning, reading food labels, cooking nutritious meals, mindful eating, eating disorders and waste reduction.
- **Creating a Supportive Environment:**
 - Ensure that the school environment supports healthy eating by providing access to clean drinking water and appropriate storage facilities for packed lunches.

- Promote a positive attitude towards healthy eating through posters, campaigns, and school events.
- **Monitoring and Evaluation:**
 - Regularly assess the effectiveness of the healthy food policy through surveys and feedback from students, parents, and staff.
 - Make necessary adjustments to the policy based on the feedback to ensure it continues to meet the needs of the school community.

IMPLEMENTATION

School Administration:

- Oversee the implementation of the healthy food policy and ensure compliance.
- Provide necessary resources and support for nutrition education and related activities.

Teachers and Staff:

- Reinforce the principles of the policy in classrooms and during school activities.
- Serve as role models by promoting and practicing healthy eating habits.
- Be trained to recognise signs of eating disorders and refer students to appropriate support services.

Students:

- Take responsibility for packing their own healthy lunches and snacks.
- Practice mindful eating and be aware of food waste.
- Be mindful of classmates with food allergies and respect the policy of not sharing food.
- Seek support if struggling with eating concerns or disorders.

Parents:

- Support the policy by encouraging and assisting their children in packing healthy lunches and snacks.
- Participate in school-organised nutrition education workshops and seminars.
- Encourage and model waste-reducing practices at home.
- Be aware of signs of eating disorders and seek appropriate help if needed.

EXAMPLE OF A WELL-BALANCED PACKED SCHOOL LUNCH

MAIN MEAL

Whole grain wrap: Filled with grilled chicken, hummus, spinach, shredded carrots, and sliced bell peppers.

Nutrients: Provides protein, fibre, vitamins (A, C, K), and healthy fats.

Side items:

- **Fruit:** A small apple, banana or a cup of mixed berries.

Nutrients: Offers vitamins (C, K), antioxidants, and fibre.

- **Vegetables:** Sliced cucumbers and cherry tomatoes.

Nutrients: Adds vitamins (A, C), fibre, and hydration.

SNACK

Nut and Seed or Trail Mix: A portion of nuts, seeds and dried fruit

Nutrients: Delivers healthy fats, protein, vitamins (E), and minerals (magnesium).

Dairy/Dairy Alternative:

Yogurt: A single-serving container of plain or lightly sweetened Greek yogurt.

Nutrients: Provides protein, calcium, and probiotics for gut health.

DRINK

Water: A reusable water bottle filled with water to stay hydrated.

Mindful Eating Tip:

Encourage students to take their time eating, savour each bite, and pay attention to their hunger and fullness cues.

Waste-Reducing Practices:

- Use reusable containers and utensils.
- Pack fruits and vegetables in compostable or recyclable bags.
- Encourage students to bring back any uneaten food to assess portion sizes for future lunches.