

KAIKORAI VALLEY COLLEGE



FOOD AND NUTRITION PROCEDURE

RATIONALE

Our school recognises the need to reinforce the importance of sound nutritional practices in ensuring the well-being of all of our students and staff. All students and staff should be encouraged to live healthy lifestyles, including engaging in appropriate nutritional habits. This includes the school canteen that is managed by an independent contracted company.

PURPOSE

1. To increase the knowledge and awareness of students about healthy food choices and nutritional guidelines.
2. To develop a school environment that supports National Food and Nutrition Guidelines.
3. To reinforce healthy eating practice across school-wide curriculum.
4. To develop knowledge and understanding of how nutrition, exercise and well being are interrelated.

GUIDELINES

1. All food will be prepared in a hygienic, smokefree environment.
2. The preparation, packaging and storage of foods will be hygienic, and procedures of the highest standards will be followed.
3. Students will be encouraged to take responsibility for their own health through classroom programmes.
4. Staff members will be encouraged to model healthy eating behaviours.
5. School canteen contractors will be required to have food choices available which are based on Heart Foundation recommendations and which support what students learn about nutrition in the classroom. No lollies or sugar drinks are to be sold.
6. Canteen contractors will meet annually with school management and other interested parties.

Date of Confirmation by the Board of Trustees	09 September 2009
Date of Confirmation by the Policy Group	09 September 2009
Reviewed	09 September 2009
Reviewed	07 December 2011
Changed to a procedure	27 March 2013
Reviewed	26 March 2016
Reviewed	24 February 2020