



**EAST PRESTON ISLAMIC COLLEGE**

**F O O D**

**A N D**

**N U T R I T I O N**

**P O L I C Y**

## **Background**

Nutrition is important to health through life and it is particularly important at times of rapid growth and development, which include the school years. As part of EPIC's commitment to the health and wellbeing of students, this policy articulates what is expected from any food service that operates within the school. Including:

- The canteen
- Classroom/curriculum activities
- Sports days
- Special events
- External lunch orders
- Breakfast Clubs

## **Aims**

- To promote the nutritional quality of food eaten at school including food from canteen, packed lunch and other foods taken into school.
- To promote healthy eating in class and across the school, to the whole school community.
- Ensure a whole school approach to healthy eating.

## **EPIC Food and Nutrition Policy**

- Provide food and drink consistent with the *Dietary Guidelines for Children and Adolescents in Australia*.
- Provide food and drink consistent with the *Victorian Go For Your Life Healthy Canteen Kit*.
- Offer a wide range of foods that take into consideration EPIC's multicultural population.
- Food items classified as '**RED**' are NOT allowed to be served or eaten at school at all time.
- Only drink items classified as '**GREEN**' are allowed to be served or drunken at school.

*EPIC will not stock the following at any time in the school year:*

- Confectionary: as stated in the 2009 Victorian School Canteen Standards
- Sugar-sweetened beverages: as stated in the 2007 Victorian School Canteen Standards

## **Promoting healthy choices**

- Promote and market healthy choices in classrooms and throughout the school.
- Encourage healthy choices through regular promotion and marketing activities such as daily specials or theme days.
- Conduct at least one promotional theme day per term promoting healthy food.
- Each year the canteen will participate in Fruit 'n' Veg Week or Nutrition Week. Additional themes will be at the discretion of the canteen manager.
- Link in with environmental programs running in the school such as the Sustainable Schools program and promote and practise environmentally friendly activities such as recycling and composting.
- To inform students, parents and staff about the nutritional value of food and drink available at the canteen, the traffic light labelling system should be implemented on the canteen menu and clearly displayed. The canteen could also introduce coloured baskets or shelves and keep products in their appropriate classification.

## **Links to the school's curriculum and working with teachers**

- Link to classroom and other school activities to complement and reinforce healthy eating messages.
- Link promotions and theme days with the curriculum. The canteen manager will liaise with the relevant education staff to ensure consistency of message and school support of the promotional event.

### **Working with Parents**

Parent involvement and parents setting a good example are positively associated with the consumption of fruit and vegetables among children.

- Involve the wider school environment in activities, by including parents and families in healthy eating days and providing volunteer opportunities.
- Education for parents.
- Health information to be distributed via the school newsletter and on the school website.

### **Evaluation, review and monitoring of processes**

- Traffic light assessment of canteen menus after 3 months, 6 months, 12 months of change.
- Work with Darebin City Council to review and assess progress.

### **Canteen**

As part of the school environment, a canteen is in a unique position to make positive contribution to students' health and wellbeing. EPIC recognises the role the canteen plays in the eating patterns of students and how it contributes to the wider food environment within the school. For students that use the canteen regularly, the foods purchased there make a significant contribution to total food intake and nutrition. In addition to providing nutritious foods, the canteen has an important health promoting, educational and sociocultural role within the school.

#### **1. The School Canteen's Aims**

- Provide an enjoyable, nutritious and attractively presented selection of foods and drinks at reasonable prices.
- Promote and encourage healthy food choices.
- Function as an efficient business enterprise.
- Encourage courtesy and consideration among all personnel using canteen facilities.
- Provide a safe and clean space.

#### **2. Canteen Menu Planning**

- Plan in accordance with the *'Go for your life' Healthy Canteen Kit – Food Planner*.
- Our school canteen will contain at *least 60%* food that falls in the **GREEN** category, including fresh fruit and salad options.
- It will **NOT** contain any items considered part of the **RED** category, by which we mean energy dense, nutrient poor food.
- Have a different menu each school term. Terms 1 and 4 will have summer themes and Terms 2 and 3 will have winter themes.

#### **3. Canteen management & staff**

- School reserves the right to have input in the menu to ensure that only nutritious foods are made available to students and staff.
- The canteen is governed by School Vice Principal and Head of Discipline and Wellbeing
- Having and maintaining appropriate canteen equipment
- Having sound packaging, recycling and composting practices

#### **4. Food safety and hygiene**

- Comply with the current food safety and hygiene regulations.
- Comply with standards outlined in the *Food Act 1984*.
- Canteen manager must have hold a certified Food Handling and Safety Certificate.
- Complete relevant food hygiene and safety training.
- Canteen must have and comply with food safety program.
- Ensure that aprons and hats/hairnets, which will be provided by the canteen, are worn at all times.

### **Lunchbox**

#### **1. Lunchbox guideline for parents**

What children eat at school is important to health and it is particularly important at times of rapid growth and development, which include the school years.

EPIC is introducing our new School Food Policy to support our students to help our students to eat well and influences their future healthy eating habits. This policy applies to all foods providing to students during normal school hours including food from the canteen and packed lunches.

#### **2. Food contained in packed lunches should include the following:**

- ✓ Fruit and vegetables – at least one portion of fruit and two portion of vegetables or salad
- ✓ Meat and non-meat – one portion of fish, beef, chicken, egg beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel
- ✓ A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals
- ✓ Dairy foods such as milk, cheese, yoghurt
- ✓ Drinks – water, full-cream or skimmed milk and 100% pure fruit juice

#### **3. Food that should NOT contain in packed lunch include:**

- ⊗ High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat salt packet savoury snacks such as crisps.
- ⊗ Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- ⊗ Chocolate spread, honey, jam or marmalade as a sandwich filling.
- ⊗ Cereal bars and fruit bars.
- ⊗ Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children. Artificially sweetened drinks do not add extra kilojoules (energy) or sugar to the lunchbox, but still encourage sweet preference and promote the habit of drinking sweet drinks in children. Artificially sweetened soft drinks are also acidic and can lead to tooth decay. Artificially sweetened drinks should not be included in the lunchbox
- ⊗ Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally due to their high fat and salt content.
- ⊗ Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal.

**Students are also not permitted to swap food items.**

Useful resources for developing a canteen policy:

- <http://www.education.vic.gov.au/Documents/school/principals/management/gfypolicy.pdf>
- <http://www.education.vic.gov.au/school/principals/management/Pages/canteenfoodpolicy.aspx>
- <http://www.education.tas.gov.au/documentcentre/Documents/Tasmanian-School-Canteen-Handbook.pdf>
- [http://www.schools.nsw.edu.au/media/downloads/schoolsweb/studentsupport/studentwellbeing/schoolcanteen/freshtastes\\_toolkit.pdf](http://www.schools.nsw.edu.au/media/downloads/schoolsweb/studentsupport/studentwellbeing/schoolcanteen/freshtastes_toolkit.pdf)
- <http://heas.healthytogether.vic.gov.au/schools/introduction-school-canteens-and-other-school-food-services-policy>

**Lunchbox ideas for parents and careers**

Try planning a healthy lunch box to start the school year. Talk to your children and discuss what they would be happy to have included.

**The six key parts to a healthy lunchbox include:**

- fresh fruit
- fresh crunchy vegetables
- milk, yoghurt or cheese (you can use reduced-fat options for children over the age of two years). For children who cannot tolerate milk products, offer appropriate alternatives like
- calcium fortified soy or rice drink or soy yoghurt
- a meat or meat alternative food like some lean meat (e.g. chicken strips), hard-boiled egg (or peanut butter. If your school has a nut-free policy, peanut butter and other nuts should not be included in your child's lunchbox)
- a grain or cereal food like bread, a roll, flat bread, fruit bread or crackers (wholegrain or wholemeal choices are best)
- tap water.



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**Tips for healthy lunchboxes include:**

- ✓ Cut up large pieces of fruit and put them in a container – this makes it easier to eat, especially if your child has wobbly teeth or if they have less time to eat than they are used to. Send a damp face washer to help with extra juicy fruit.
- ✓ Consider giving half a sandwich or roll for morning recess, as this is an easy way to get a healthy fill.
- ✓ In the hot weather, send frozen milk, yoghurt or water, or even frozen orange segments. This makes a great refreshing snack and helps to keep the lunch box cool.
- ✓ Go for colour and crunch in the lunch box by offering a variety of colourful vegetables and fruit.

### **What not to put in healthier school lunches**

Some items do not belong in a healthy school lunchbox. Six items to avoid when preparing lunch for your children include:

- ⊗ all sweet drinks such as fruit juices, fruit drinks, cordials, sports drinks, energy drinks, flavoured waters, flavoured mineral waters, iced teas and soft drinks. These are high in energy (kilojoules) and sugar, and can lead to weight gain and oral health problems in children
- ⊗ dried fruit bars and 'straps'. These are low in fibre and are also high in sugar and can stick to children's teeth, causing tooth decay
- ⊗ 'dairy desserts', chocolate bars and muesli bars. These are generally high in fat and sugar
- ⊗ chocolate spreads, jams and honey in sandwiches. These add extra, unnecessary sugar to the lunchbox
- ⊗ fatty, salty processed meats such as salami and Strasburg
- ⊗ 'oven-baked' savoury biscuits. These may sound like healthier options, but some are just as high in salt and fat as crisps.

### **School lunches and food safety**

Food is usually stored in lunchboxes for several hours and it is important to keep the lunchbox cool so that the food stays fresh. Some tips to help keep lunchboxes safe include:

- Choose an insulated lunch box or one with a freezer pack.
- Pack a wrapped frozen water bottle or freezer brick next to foods that should be kept cold (for example cheeses, yoghurts, meats and salads).
- Perishable foods such as dairy products, eggs and sliced meats should be kept cool, and eaten within about four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.
- If making lunches ahead of time, keep them in the fridge until leaving for school or freeze them in advance.
- If you include leftover meals such as meats, pasta and rice dishes, make sure you pack a frozen ice block in the lunch box.
- Ask children to keep packed lunches in their school bag and to keep their bag out of direct sunlight and away from heat, ideally in a cool, dark place such as a locker.