

# Nutrition in Schools Policy

**✓ All schools should promote and model healthy eating and good nutrition in school programs and activities relating to or involving food and drink. School canteens are required to implement the Fresh Tastes @ School – NSW Healthy School Canteen Strategy.**

## 1. Objectives - Policy statement

### 1.1

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

### 1.2

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 all canteens in NSW government schools.

### 1.3

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 for sale in school canteens and school vending machines at all times.

### 1.4

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 should reinforce healthy eating and good nutrition wherever possible.

### 1.5

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

### 1.6

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

### 1.7

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

### 1.8

All canteen operators are required to notify the NSW Food Authority of their food activity details. All canteens 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).

### 1.9

Schools with preschools are required to follow the protocols of the Children’s Services Regulation 2004 (clause 68) ensuring that students are exposed to healthy eating practices.

### 1.10

School activities that involve the provision of food will address the requirements of the Anaphylaxis Guidelines for Schools (2<sup>nd</sup> Edition 2006).

## 2. Audience and applicability

### 2.1

All NSW government schools and preschools, parents/caregivers; the wider school community.

### 3. Context

#### 3.1

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.

#### 3.2

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.

#### 3.3

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.

#### 3.4

##### **Legislation**

[National Food Law, Food Safety Standards \(2002\).](#)

[Food Act 2003 \(NSW\) and Food Regulation 2010 \(NSW\).](#)

[Children's Services Regulation 2004.](#)

#### 3.5

This policy should be read in conjunction with:

- [Student Health in NSW Public Schools: A summary and consolidation of policy](#)
- [Infection Control Policy and Guidelines \(intranet only\)](#)
- [Sponsorship Policy and Guidelines](#)
- [Curriculum Policy Standards](#)
- [Student Welfare Policy](#)

#### 3.6

##### **Document history and details**

### 4. Responsibilities and delegations

#### 4.1

Principals are responsible for ensuring the requirements of departmental policy, guidelines and relevant legislation are met. Principals are responsible for ensuring that school policies and practices are consistent with the nutrition in schools policy and are responsive to local needs, including cultural diversity.

### 5. Monitoring, evaluation and reporting requirements

#### 5.1

Principals will ensure their canteen operations are reviewed through use of the Making Your School Canteen Healthy Self Assessment Tool and Action Planner at least every two years.

#### 5.2

School education directors will monitor the local implementation of this policy and report to the regional director.

#### 5.3

The general manager, access and equity will monitor the state-wide implementation of this policy.

### 6. Contact

Manager, student wellbeing, student welfare directorate ph (02) 9244 5861

[https://www.det.nsw.edu.au/policies/student\\_serv/student\\_health/nutrition/PD20110420.shtml](https://www.det.nsw.edu.au/policies/student_serv/student_health/nutrition/PD20110420.shtml)