



KATHERINE HIGH SCHOOL

Nutrition Policy

Preamble

The school nutrition policy fosters and supports the importance of good nutrition to the health and well being of the school community.

The canteen and all school related excursions should complement and illustrate the positive nutrition and healthy lifestyle messages conveyed in the structured learning opportunities in the school.

Courtesy and consideration is expected of all those using the canteen.

The canteen aims to be the preferred lunch and snack supplier of students and staff. Providing foods that are tasty and affordable while meeting the NT School Canteen Guidelines and the requirements of the Northern Territory Food Act 2004.

The school nutrition policy will aim to:

- a. Help reduce the risk factors by encouraging the development of good eating habits consistent with the Dietary Guidelines for Children and Adolescents (refer to Appendix 1) and the Australian Guide to Healthy Eating (refer Appendix 2).
- b. Use Star Choice, Pick the Tick and Healthy Kids registered foods as well as fresh local produce where possible or other brands that meet the above requirements.
- c. Offer a guideline for the school canteen to provide an enjoyable, nutritious and attractively presented selection of food and drink at reasonable prices.
- d. Encourage students while at school and on excursions to eat fruit and foods high in fibre and drink water instead of foods and drinks high in fat, salt, sugar and low in fibre.

The Nutrition Committee shall consist of:

- Interested teacher representatives from appropriate key learning areas
- Health Promoting School Nurse
- Canteen staff
- Student representatives
- School Council representatives

Responsibilities:

- The school nutrition committee will make recommendations regarding nutrition policy issues to the Principal and School Council.
- A current canteen menu will be supplied to all prospective students.
- At the start of each school year an updated canteen menu is sent out to all families in the school community, posted in staffrooms and on the canteen noticeboard.
- The canteen manager and nutrition committee will work together to learn of new items suitable for the canteen menu.
- New additions to the canteen menu and alterations to the menu during term will be notified via the school newsletter and the daily bulletin as well as the canteen notice board.

- Healthy symbols will be used on the menu to identify healthy choices.
- Provide a document to assist teaching staff to encourage students to consume healthy foods and drinks while on excursions.
- Encourage feedback from students and staff through formal and informal means.
- Hold meetings each term or more regularly as required.
- Provide regular reports to the School Council.

Distribution of the Nutrition Policy

- a. A copy of the policy and supporting documents will be on permanent display in the school canteen.
- b. A copy of the policy will be kept in a file marked Policy and Procedures Handbook.

Evaluation

- Evaluation of the nutrition policy is ongoing
- All members of the nutrition committee and the school community are invited to participate in the review of this policy.

This policy was last ratified by School Council in....

2007