



Healthy Food and Drink Policy



1. RATIONALE

Caversham Valley Primary School is committed to health promotion strategies and believes that learning healthy eating habits commences early in life. The School and staff promote a culture of healthy eating and are committed to providing relevant information, skills and resources to children and families.

2. GUIDELINES FOR HEALTHY EATING

In general, the school promotes healthy eating in the following ways:

- Education through the curriculum on healthy food choices and developing healthy eating habits.
- Where special occasions occur within the school or classroom and snacks are provided, healthy food choices are required.
- The School **does not** allow the provision of cakes/cupcakes/lollies for birthdays.
- Classroom rewards provided to students do not include food as a general rule and will never include snacks such as lollies.
- Children are encouraged to take home food not eaten at school to ensure caregivers are aware of their eating habits during the school day.
- Parents are requested not to provide their children with food containing nuts or peanuts while at school. This is to ensure the safety of children with anaphylaxis. **Kindy and Pre-primary are a total nut free zone.**
- Parents are encouraged to provide a variety of healthy lunches, snacks and drinks (**water is best**) as outlined in the healthy eating policy (traffic light system).
- Parents are encouraged to pack food that is appropriate for the season and in appropriate reusable containers. The use of cooler packs in summer is recommended.
- Children are encouraged to bring a reusable water bottle to ensure they drink appropriate amounts of water during the day, in particular during summer.