



GLEN OSMOND PRIMARY SCHOOL

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"Learning for Life - Aiming for Excellence"



Healthy Food Supply and Nutrition Policy

Glen Osmond Primary School staff, students and the school community will work together to actively promote safe, healthy eating habits in line with the *Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools* ("the Right Bite strategy").

Rationale

This school promotes safe, healthy eating habits in line with the **Right Bite** strategy. We believe that childhood and adolescence are important times for establishing life-long, healthy eating habits.

Our school's food and nutrition curriculum:

- is consistent with the *Department for Education Right Bite Strategy*, and the *Australian Curriculum guidelines*
- includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- includes opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food
- integrates nutrition across the curriculum.

The Learning environment

Children/students at our school:

- have fresh, clean tap water available at all times and are encouraged to drink water regularly through the day (water bottles allowed in the classroom)
- will be encouraged to have bottles of fresh, clean tap water on their desks, where appropriate
- will eat routinely at scheduled break times
- will eat lunch in a supervised social environment daily
- eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- utilise and maintain a school garden and integrate the garden across the curriculum.

Our school:

- provides rewards/encouragements that are not related to food or drink
- teaches the importance of regular healthy meals and snacks as part of the curriculum

Food supply

Our school:

- encourages healthy **food and drink choices** for children and students in line with the ***Right Bite*** strategy
- encourages food choices which are representative of the foods of the school community
- ensures healthy food choices are promoted and are culturally sensitive and inclusive
- ensures a healthy food supply for **school activities and events**, in line with the ***Right Bite*** strategy
- uses a lunch order provider with a menu that complies with the ***Right Bite*** strategy
- encourages a daily 'Healthy Snacks' fruit and vegetable program

Food safety

Our school:

- promotes and teaches food safety to students during food learning activities
- encourages staff to access training as appropriate to the ***Right Bite*** strategy and associated nutrition recommendations
- provides adequate hand washing facilities for everyone
- models, promotes and encourages correct hand washing procedures

Food-related health support planning

Our school:

- welcomes families to liaise with the school to ensure a suitable food supply for students with health support plans that are related to food issues
- supports a Food Allergy Aware policy and communication procedures

Working with families, health services & industry

Our school:

- provides information to families and caregivers on the ***Right Bite*** strategy in a variety of ways including:
 - o updates in school newsletters
 - o policy development/review
 - o information on enrolment
- promotes the alignment of fundraising with the ***Right Bite*** strategy.

Endorsed by Governing Council: 05/06/2026

To be reviewed: Term 3 2028