



The Cottage School Inc.

FOOD AND NUTRITION

Updated 17 August 2016

A positive and effective food policy is a core value of The Cottage School (refer to Policy # 1-02, *Philosophy, Values and Principles*). It is recognised that healthy nutritional habits are essential for energy, brain function, growth and development of children. By developing healthy eating habits in the early years it is hoped that these continue through high school and into adult life, thereby reducing the incidence of obesity and dietary related medical conditions. At The Cottage School, children will be provided (by parents/carers and the school) with healthy and nutritious food.

Protocols

The school supports the development of healthy eating habits through:

- Providing nutritious cooked lunches on Mondays. By eating food prepared outside the family home, children learn to enjoy a variety of foods they may not normally eat
- Offering suggestions and support to families on the benefits of healthy nutritional food
- Giving children opportunities to prepare nutritious foods
- An educative food program in the classroom.

Shared fruit and communal lunch are cornerstones supporting the school's philosophies of participating in community activities and encouraging healthy nutritional habits.

Shared Fruit

- bring fresh fruit, salad or cheese to share for morning tea
- do not bring 'dessert' foods for morning tea (eg biscuits, cakes, lollies)
- do not bring packaged and/or processed snacks (eg tubs of yoghurt, boxes of sultanas, packets of crisps etc)
- Fruit platters with dried and / or unusual fruits are an ideal morning birthday treat for children – NO CAKES PLEASE

Communal Lunch

- communal lunch occurs every day in one form or another
- communal lunch provides a period of time where participants eat their own food in a social setting. It provides opportunities for establishing and understanding social norms when dining together. It provides opportunities to discover what other people bring for a nutritious healthy lunch.
- bring easy to eat foods that contain nutritious ingredients:
 - salad ingredients eg lettuce, cucumber, sliced/ grated carrot, baby spinach, avocado etc
 - sliced/grated apple, sultanas, ricotta, cottage cheese, cream cheese, sliced cheese etc
 - sliced meats eg chicken, roast beef or lamb
 - tinned fish eg tuna, salmon, sardines
 - vegemite is acceptable in combination with other fillings eg cheese and/or lettuce
 - no 'dessert' fillings eg jam, honey
- bring appropriate healthy lunches on environment days etc
- do not bring packaged and/or processed meals (eg tubs of yoghurt, boxes of sultanas, packets of crisps etc)
- do not bring 'dessert' foods (eg biscuits, cakes, lollies)
- do not bring food that requires re-heating
- foods sent to school that do not comply with the intent of the school's nutrition policy may be sent home uneaten

Water

Children drink water only while they are at school. Students are encouraged and able to access water at all times of the day, including during PE/sport. Sweet drinks are not permitted. Parents are asked to:

- send a named plastic cup to keep at school for drinking water
- send plenty of drinking water in a named flask for environment days, bike days etc

Food Allergies

Food allergies are catered for in accordance with the Anaphylaxis Policy; nuts are not allowed in the school.

Parents may be asked to provide suitable foods at camps.

For more information on nutrition refer to, Australian *Guide to Healthy Eating* which is available at:
| <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>