



Woodford International School



HEALTHY EATING AT SCHOOL POLICY

INTRODUCTION

Diet is one factor in a child's growth and development that can improve their long term health and educational outcomes. Children need a diverse and nutritious diet to sustain them through the day and ensure they can concentrate and learn to their full potential. The Woodford International School is committed to supporting students, parents and teachers to foster healthy eating practices. This Healthy Eating at School Policy introduces healthy eating principles to children, parents and staff as a 'first step' in raising awareness and educating about healthy eating practices amongst the whole school community.

POLICY COMMITMENT

Woodford International School will promote and encourage healthy eating practices by educating the School Community, role modelling good practices and improving the access to healthy foods that are available in the Solomon Islands for students, staff and visitors.

HEALTHY EATING GUIDELINES

Food Group	Eat Anytime	Eat Sometimes	Eat Rarely
Vegetables	Fresh vegetables (such as: carrots, corn, sweet potato, pumpkin, beans, peas, cucumber, celery)	Hot chips	Potato crisps/twisties
Fruits/Nuts	Fresh fruit (such as: melon, apple, nuts, pineapple, pawpaw, mango, banana, guava)	Preserved/dried fruit	
Grain Foods	Bread, rice, plain crackers, spaghetti, plain cereal	Biscuits, plain cake, muffins, brownie, scones, coconut bread, flavoured cereal, rice pudding, muesli bars	Chocolate or iced cakes and cupcakes
Dairy <i>(store dairy safely)</i>	Cheese, plain yoghurt	Sweetened/flavoured yoghurt	Ice cream
Meat/Beans <i>(store meat and seafood safely)</i>	Ham, tuna, boiled/baked chicken, stir-fry meat, dumplings, burger, eggs, beans, seafood	Fried chicken, meat pie, sausages, sausage roll, hot dog	Fatty meats such as bacon or lamb flap
*Drinks	Water, coconut water, plain milk	Fruit juice, flavoured milk	Soft drinks, bush lime
*Confectionary		Sugar-free lollies	Chocolate, lollies

Recommended Composition of a Balanced Diet at School		
Recess	Lunch	Munch and Sip
<p><i>Recommendation: Not more than one food group should be from the 'eat sometimes' category</i></p>	<p><i>Recommendation: Not more than one food group should be from the 'eat sometimes' category</i></p>	<p><i>Munch and sip should only be from 'eat anytime'</i></p>

POLICY APPLICATION

The Healthy Eating at School Policy extends to all areas within the school where food and drinks are being sold or are available.

School Tuckshop

The tuckshop will offer a wide variety of 'eat anytime' foods, and a limited range of 'eat sometimes' foods. 'Eat sometimes' foods will only be sold as part of a meal package that is combined with 'eat anytime' sides/accompaniments that follow the healthy eating guidelines outlined in this policy.

Catering

School meetings and events that are catered or where food is available for sale should reflect a balanced diet comprising options that are a majority of 'anytime' foods with a minimal compliment of 'sometimes' foods. Foods in the 'rarely' category are not to be provided as part of any catering arranged by the Woodford International School.

Birthdays, Parties and Other Events

School and classroom events – including birthdays, holiday celebrations and concerts – where food is provided or made available, the food choices should reflect a balanced diet comprising options that are a majority of 'anytime' foods with a minimal compliment of 'sometimes' foods. Discretion should be used in determining whether foods in the 'rarely' category are served, and only in small quantity with limited availability and approval.

Fundraising

When fundraising with the sale or provision of food items (including as prizes), 'sometimes' foods may be served in the majority, recognising that these events only occur sometimes. 'Anytime' food and beverage options should be available to compliment 'sometimes' foods. Foods in the 'rarely' category are not to be sold or provided for any fundraising activities.

EDUCATION

Woodford International School will develop a range of materials that promote healthy eating practices within the school, including but not limited to:

- Posters that outline and promote the healthy eating guidelines visually;
- Quick reference meal guides to help parents prepare lunches and send food for events and parties;
- Age-appropriate healthy eating modules/activities in the classroom; and
- Capacity building of school and canteen staff on importance of healthy eating practices and the school policy.

POLICY REVIEW

The Healthy Eating at School Policy will be reviewed annually at the end of each school year. Each year, the guidelines will be revised and adapted to progressively transition the school community to healthier eating practices and continues to reflect the food options available to most families in the Solomon Islands.