

The *School Canteens and Other School Food Services Policy* should be implemented as part of a whole-school approach to healthy eating.



This involves making healthy eating part of everyday school life, by integrating it into planning and curriculum, developing a supportive culture and environment, and engaging the whole-school community.

A whole-school approach brings together school leadership (principal/s, school council), staff, food services, students, families and the broader community to promote healthy eating. Everyone has a role to play.

Use the suggestions below to start working together with your school community to promote healthy eating.

School leadership

School principals and school councils can support a whole-school approach to healthy eating by:

- providing leadership and support to implement the *School Canteens and Other School Food Services Policy* in all areas of school operations (e.g. school policies, food services, classroom activities, fundraising, special events and sport days)
- affirming a whole-school approach to healthy eating in school policy and integrating related strategies into school plans to improve health and wellbeing outcomes
- providing a physical environment, including facilities and equipment that supports healthy eating choices
- informing and encouraging the school community to be involved in planning, delivery and evaluation of school plans, policies, activities and events that promote healthy eating, and
- encouraging healthy eating as the 'norm' and role modelling healthy eating behaviours and attitudes.

School staff

School staff can support a whole-school approach to healthy eating by implementing the following strategies:

- including healthy eating education in the school curriculum, across learning areas and year levels
- providing opportunities for students to develop and apply knowledge and skills that promote healthy eating (e.g. growing foods, budgeting, shopping, food preparation, cooking and trying new foods)
- leading and assisting with health promotion and healthy eating activities in the school, and
- encouraging healthy eating as the 'norm' and role modelling healthy eating behaviours and attitudes.



School food services

School food services can support a whole-school approach to healthy eating via many strategies including:

- providing foods and drinks in-line with the *School Canteens and Other School Food Services Policy* (e.g. ensuring **Green (Everyday)** foods and drinks are always available as the main choice when foods and drinks are provided)
- trialling new **Green (Everyday)** and culturally diverse foods and drinks and gathering feedback from the school community
- presenting **Green (Everyday)** foods and drinks in attractive and appetizing ways, and
- promoting **Green (Everyday)** menu items to the school community via posters, noticeboards, school announcements, newsletter articles and on the school website.

Students

Students can support a whole-school approach to healthy eating by:

- being active participants in the school's healthy eating activities, both in and out of the classroom
- role modelling positive healthy eating behaviours and attitudes, and
- getting involved in healthy eating activities at home (e.g. helping the family with budgeting, food shopping and meal preparation).

Families

Examples of how families can support a whole-school approach to healthy eating and assist their child to learn and develop healthy eating attitudes, habits and preferences include:

- role model positive healthy eating attitudes and behaviours
- involve children in healthy eating activities at home (e.g. budgeting, shopping, meal and lunchbox preparation)
- provide healthy foods and drinks in lunchboxes (e.g. **Green (Everyday)** options always as the main choices, **Amber (Select Carefully)** options limited and in small amounts, **Red (Occasionally)** options avoided, where possible), and
- assist the school to plan, deliver and evaluate healthy eating initiatives.

Community

Local community and business groups can support a whole-school approach to healthy eating by:

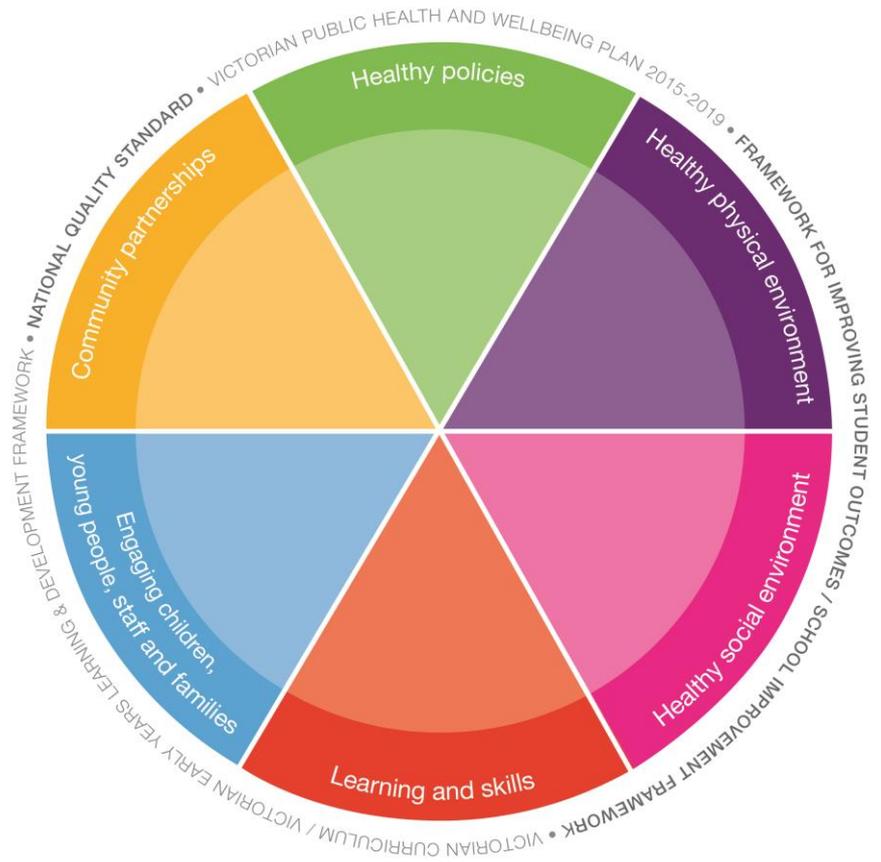
- food stores surrounding the school restrict the sale of **Red (Occasionally)** items to school students in and around school hours
- businesses support the school's healthy eating activities such as healthy fundraisers by lending the school necessary equipment, human resources and prizes (e.g. non-food items, discount vouchers and services), and
- community health professionals, services and organisations develop the capacity of the school to promote healthy eating (e.g. by providing health-related information, advice and support).

Further information

The health promoting schools framework and supporting resources guides schools through a whole-school approach to promoting the health, wellbeing and engagement of students, including healthy eating.

Further information on creating healthy environments for learning and adopting a whole-school approach to healthy eating is available from the **Department of Education and Training, Prevention and Health Promotion** website. Visit:

www.education.vic.gov.au/school/principals/health/Pages/healthpromo.aspx



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