



Healthy Food Supply and Nutrition Policy

Vision/Rationale

At Marryatville Primary School we believe that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximised growth, development, activity levels, improved cognition and good health
2. Long term: minimises the risk of diet related diseases later in life
3. Good nutrition contributes to good health, building wellbeing and PERMA+, and is vital for positive engagement in all learning activities
4. Healthy eating is essential for dental health, as a balanced diet low in sugar helps prevent tooth decay, strengthens enamel, and supports overall oral hygiene

Purpose

Students are more likely to achieve their learning potential when they're given the best options for food and drinks. Marryatville Primary School promotes and models safe, healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Policy for South Australian Schools, which relates to the Department for Education wellbeing strategy and the Australian Dietary Guidelines.

Curriculum

Our school's food and nutrition curriculum:

- Aligns with the Australian Curriculum V9 and/or the SA Curriculum for public education Health and Physical Education learning outcomes.
- Is consistent with the Australian Dietary Guidelines and the Australian Guide to Healthy Eating.
- 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.
- Actively promotes daily fruit and vegetable consumption through healthy snack time in classrooms.

Learning Environment

Students at Marryatville Primary School:

- Have fresh, clean tap water available at all times and are encouraged to drink water regularly throughout the day (water bottles are allowed and encouraged in or near the entrance to the classroom).
- Eat routinely at scheduled break times (this may include a daily healthy snack during the morning).
- Eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours

Our School

- Provides rewards/encouragements that are primarily non-food related and never classified in the unhealthy 'RED' food and drink list.
- Understands and promotes the importance of breakfast for students.
- Teaches the importance of regular healthy meals and snacks as part of the curriculum.

Implementation

The [Right Bite Food and Drink Supply Standards](#) apply to all food and drinks supplied or sold to students in the following settings:

- food and drinks provided by an outsourced provider
- food and drink regularly supplied by a bakery, deli or take away outlet
- excursions and camps
- fundraising events and sports days
- classroom activities including celebrations
- rewards, incentives, gifts, prizes and giveaways
- out of school hours care (OSHC)



Food and Drink Supply Standards
for South Australian Schools

www.education.sa.gov.au/rightbite



Government
of South Australia

Department for Education

best options

choose carefully

limit to twice per term

should not be supplied

Preventive Health SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Preventive Health SA FoodChecker to assess products, recipes and menus.

preventivehealth.sa.gov.au/our-agency/obesity-prevention/healthy-food-nutrition/healthy-food-environments-hub

Food Supply

All food supplied or sold to students should be classified within the 'green' and 'amber' food lists using the Food Checker Tool.

<https://www.preventivehealth.sa.gov.au/our-agency/obesity-prevention/healthy-food-nutrition/healthy-food-environments-hub/foodchecker>

Lunchboxes/Food brought from home, outside providers/canteen, OSHC foods

Our school:

- Encourages healthy food and drink choices in line with the green or orange classification in the rite bite food policy.
- Ensures that the healthy food choices promoted are culturally sensitive and inclusive.
- Ensures a healthy food supply for school activities and events, in line with the Right Bite policy (this includes all school events which provide food such as sports days, camps, excursions and special occasions such as class parties and celebrations).
- Has an outside provider which sells and promotes healthy food and drink choices in line with the Right Bite policy.
- Has established and supports an Out of School Hours Care (OSHC) program which promotes, models and provides food and drink options in line with the Right Bite policy.

Birthday Celebrations

Families will support our school in celebrating birthday events by:

- Providing healthier options, such as a fruit platter.
- Choosing an alternative to cake for birthdays, such as a lucky dip or other non-food item.
- Celebrating with songs, streamers, a birthday hat or in other ways
- Understanding it's not essential to bring in gifts or food for the whole class

Fundraising

Our school:

- Promotes the alignment of fund raising with the Right bite policy and wherever possible is non-food based.
- Ensures that fundraising involving food is as 'GREEN' as possible or is part of the two 'RED 1' occasions per term.
- Encourages fund raising events which promote and model healthy lifestyle choices, through activity based events or healthy eating promotions (such as a walk-a-thon, Colour Run or Jump Rope for Heart).

Red Food Occasions

While the school can approve up to two 'RED 1' occasions per term, the aim is to minimise these wherever possible, in line with the Rite Bite policy.

- Situations such a school fete, in which the whole school community is involved, might be an example of such an occasion

'RED 2' food and drinks are not to be supplied, provided, marketed or sold to students.

Resources

[Department for Education's Rite Bite Food and Drink Supply Standards for South Australian Schools](#)
[Rite Bite Traffic Light System](#)
[Australian Guide to Healthy Eating](#)
[FoodChecker](#)