



Junior School Essential Agreements Food for Life

Woodcroft College supports the health and well-being of its students and members of the wider community through a 'Food For Life' Policy which underpins the curriculum, food services and general operation (where food is involved) across the College.

Woodcroft College is guided by the 'Australian Guide to Healthy Eating' and the 'Australian Dietary Guidelines'.

We understand that 'less-nutritious' food is a part of most people's food intake but we accept a responsibility to educate students to understand the importance of nutritious food and to consider role-modelling healthy food practices in all college operations and services.

Definition

Healthy Foods, as defined in the 'Australian Guide to Healthy Eating' are low in fat, salt and sugar, high in fibre.

Objectives

- Educate and encourage long term healthy eating habits among the school community, including staff, students and their families.
- Ensure that all students are educated about healthy eating habits.
- Promote 'nutritious food' as 'enjoyable food'.
- Provide a range of foods following the healthy eating guidelines recommended by the State Government of South Australia.

Therefore as staff we will endeavour to:

- Provide learning activities that will support healthy choices
- Provide positive role models
- Encourage and support children who make healthy choices through positive reinforcement
- Promote daily fruit and vegetable consumption
- Support frequent drinking of fresh tap water
- Provide routine and scheduled breaks for children to eat in a supervised environment
- Not use food or sweets as a reward or punishment.

Parents can support this process by:

- Providing a positive role model
- Considering ways they can include healthy foods in children's lunch boxes
- Reducing the use of packaged snacks (these are generally highly processed and generate lots of rubbish)
- Considering alternative 'treats' to sweets and chocolates
- Giving children water and 'No added sugar' fruit juices.

Some ideas for healthy lunch boxes

Frozen yoghurt tubes	Rice crackers, dip and salad
Vegetable sticks	Celery and vegemite
Salad sandwiches, rolls, pocket bread, roll-ups	Fruits in season
Tinned baked beans	Dried fruits
Hard boiled eggs	Cold chicken pieces, meat balls, lamb cutlets
Vegetable slice with zucchini, carrot, bacon	Plain popcorn as an alternative to chips
Rice cakes as an alternative to bread	



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