

## **FOOD AND NUTRITION PROCEDURE**

### **RATIONALE:**

We consider that healthy food and beverage choices can enhance educational outcomes.

### **PURPOSES:**

- To help children learn the skills to make responsible decisions about healthy eating choices.
- To provide an environment that encourages and supports healthy eating.

### **GUIDELINES:**

- Staff will support and promote healthy eating practices.
- Water is the preferred beverage
- Children are encouraged to wash their hands before eating and to sit down to eat
- Food and beverages are discouraged as a reward unless they are healthy and nutritious
- We will participate only in food related events and initiatives that support healthy eating practices
- Our children will be able to identify and take action to address food and nutrition issues in the school.
- The school lunch service will provide a variety of healthy and nutritious food.