

HEALTHY FOOD STRATEGY

Elanora Heights Public School promotes healthy eating in-line with the NSW Government's Healthy School Canteen Strategy, effective 1st January 2019.

Underpinning the Healthy Canteen Strategy are the Australian dietary guidelines or 'the plate' model, pictured right.

EVERYDAY foods are shown 'on the plate' and consist of the five food groups: vegetables, grains, dairy, protein and fruit. **EVERYDAY** foods are wholefoods - they are from nature, are usually made up of one ingredient and are nutrient dense. **EVERYDAY** drinks include water and milk. **EVERYDAY** foods should make up at least 75% of the canteen or school event menu.

OCCASIONAL foods are shown 'off the plate' and should only be eaten sometimes and in small amounts.

OCCASIONAL foods are usually processed, and contain added sugar, salt and/or fat. These energy dense foods can have adverse effects on our health. **OCCASIONAL** foods should have a Health Star Rating of at least 3.5 stars and should not be promoted or marketed in schools. Most sausages, pizzas, sweet desserts and confectionery fall below 3.5 stars and as such should be left off school event menus and lunch boxes.



The EHPS community has adopted these guidelines for school events that involve our students. Events may include, but are not limited to: P&C events, Before and After School Care; End of Year Celebrations, School Carnivals, Orientation Days; Birthday or Holiday Celebrations and on-site extra-curricular activities. The EHPS community includes permanent and casual teaching staff; P&C committees; parents; students; external tutors and external staff.

Case Study: Class Party

Year 4 students are holding a farewell celebration for their teacher Mr. Adams. It has been decided that the students and teachers will share lunch on his last day, with parents asked to bring in a plate. In keeping with the school's healthy eating philosophy, students with surnames A-F are assigned savory lunch items such as sandwiches, mini quiches or sushi; G-M are assigned fruit; N-T are assigned vegetables such as carrot, cucumber or capsicum sticks, dips or cherry tomatoes; and U-Z are assigned snack items such as popcorn, pretzels or crackers and cheese. All children will be encouraged to bring their own water bottle.

For further information, please contact elanorahtspandc@gmail.com, with the subject heading 'EHPS Healthy Food Strategy'.

CHECKLIST

- * Do EVERYDAY foods make up at least 75% of the menu?
- * Are the five food groups included in the menu?
- * Is water being promoted, preferably in a BYO bottle?
- * Are sugary drinks and energy drinks off the menu?
- * Are OCCASIONAL foods excluded from promotional material?
- * Are lollies and chocolates off the menu?