Department of Education, Tasmanian Governement

# School Food Plan document template

This template enables your school community to document your school’s aspirations for feeding children well whilst they are at school, creating a school framework/policy that can be shared with your school community. Not all information included in the template will be relevant. Please remove or add as required for your school.

### Instructions for use:

* Please read through the template in full.
* Involve staff, parents and students in the discussion.
* Utilise the tick box individual audit and the group audit tool in the School Food Plan Toolkit to capture what is already happening at your school and to identify the gaps that need addressing.
* Delete any information or sections that are not relevant to your school in the School Food Plan document. For example, if you do not currently offer a breakfast program, delete this section.
* Text that needs to be modified to your individual school environment and circumstances has been highlighted.
* There may be additional text that needs to be updated to more accurately reflect your school food environment.
* Once completed the School Food Plan should be ratified by the School Association.

Date prepared:dd/mm/yyyy

Review date:dd/mm/yyyy

## School Food Plan: <School name> <school logo>

### Background

<School Name> school is motivated to achieve an environment that promotes healthy eating and sets students up for a lifelong positive relationship with food. <School Name> School acknowledges that healthy eating is important for children and young people to enable them to:

* grow and develop optimally
* learn and achieve successfully
* develop an appreciation of food and the social aspects of eating
* develop eating patterns to support lifelong health and wellbeing.

This will be achieved through the whole school approach to food provision and food education that is documented in this plan. The plan is coordinated by <name>.

### Aims

The school food plan aims to:

1. Coordinate all elements of food provision and food education in the school to ensure consistent messaging,
2. Set goals and targets that build on existing activities,
3. To make the ‘healthy choice the easy choice’ in schools.

### School food plan champions

The following staff have demonstrated their commitment towards implementing this school food plan:

Name, position

Name, position

Name, position

### Relevant policies

The school has other policies in place that address elements of the school food environment. These include:

Policy name

Policy name

Policy name

## Food throughout the day

#### *Types of food served in the school environment*

The Australian Guide to Healthy Eating informs the types of food served in the school environment. Food from the five food groups underpins the school food environment. A wide variety of these foods are offered in appealing ways:

* Fruit
* Vegetables, beans and legumes
* Grains and cereals
* Meat and alternatives
* Dairy and alternatives

At <School Name> we aim to provide tasty, appetising and affordable foods and drinks that are cooked from scratch using local and seasonal ingredients where possible.

#### *Eating environment*

Students eat their main meal in <room/location>. The school aims to make this a comfortable, inviting environment for students to sit and eat by <describe strategies used to make the eating environment comfortable>. The supervising staff member uses mealtimes as an opportunity to teach students life skills such as manners and appropriate social behaviours.

#### *Breakfast*

Breakfast club is run X days per week from XX:XXam to XX:XXam.

It is made possible through <donations/money allocated from the school budget>. <Staff name/s> supervise students during this time.

#### *Packed lunches*

Most students bring lunch from home. Families are provided with information to support them in packing a nutritious lunchbox. This information is shared through <school website/social media/newsletter/resources provided to parents/displays at school etc>.

#### *School food service*

The school food service has been Awarded <level> level with the Tasmanian School Canteen Association. It is open X days a week for <recess and/or lunch>. It is staffed by a food service manager and supported by volunteers.

The canteen is linked with other programs in the school through <activities>.

#### *School lunches*

Our school provides a free lunch to students on <day/s of week>. Food for these meals is sourced from <donations, school garden, local suppliers…>. The menu has been assessed by the Tasmanian School Canteen Association and has been awarded <level> level.

These school lunches are coordinated by: <name here>.

*Fruit and vegetable breaks*

A fruit and vegetable break (‘<name of break>’) takes place daily at XX:XXam. If students do not have fruit or vegetables available to eat, they can access them through <source, >.

#### *Drinks*

The school is a water-only school. Students have access to drinking water in <location> to refill their drink bottles. Students are encouraged to drink water regularly throughout the day. <more info>

*School excursions and camps*

Families are advised on food arrangements ahead of school excursions and camps. When food is provided by the school, it adheres to the same principles outlined above.

### Rewards and special occasions

#### *Rewards*

The school does not use food as a reward for good behaviour or achievement. The methods of positive reinforcement used in the school are:

* Give examples here

#### *Celebrations*

The school recognises the important role food plays in celebrations. Food may be brought into the school for birthdays and other special classroom celebrations (decided on by the teacher).

Families are provided with information about the types of food that are encouraged to be brought to school for classroom celebrations. Families are asked not to send <food/s> to school. Foods that are encouraged to be brought into the school for a celebration include:

* Permitted food
* Permitted food
* Permitted food

### Food links to the curriculum

#### *Move Well Eat Well*

The school is a Move Well Eat Well Award school. The school Move Well Eat Well Coordinator is <name>.

*Kitchen garden program, eg, Stephanie Alexander, 24 Carrots, own school produce garden, school farm, etc.*

The kitchen garden program is available to students in <grade/s>. It operates <X day/s> each week and is coordinated by <staff>. Wherever possible, produce from the garden is used within the school.

*Classroom cooking*

Students are provided with the opportunity to cook in the classroom in <grade/s>. This is supported by <staff>. Recipes are based on the five food groups and cooking is linked with the curriculum.

### Food in the curriculum

The Australian Guide to Healthy Eating is used as the basis for all food and nutrition education. Consistent messaging is used across subjects. Where possible, links to food and nutrition are used across the curriculum.

Our teaching and learning staff have access to regular professional development to ensure they are confident in delivering food and nutrition curriculum content. Staff are able to contact Department of Health dietitians through Move Well Eat Well as needed.

Our staff and volunteers role-model the enjoyment of eating nutritious food and talk positively about food and eating with students.

### Special dietary requirements

The school aims to accommodate the dietary requirements of our school community. We aim to ensure the school food environment is supportive and inclusive and do our best to accommodate for all allergies, intolerances, religious and/or cultural practices. <more info about how students with allergies are supported> Mention here about being Nut aware or Nut Free and link to the DoE’s policy’s/guidelines.

### Extended school community

The school recognises the important role that parents, carers and family members play in creating positive food experiences for young people. The school aims to support the extended community by providing information and advice around food so that they are well equipped.

*Food at school events*

Across the school year, food is provided at events such as:

* School fair/fete
* Sporting events
* Dances, parties and socials
* School performances, plays and assemblies
* School barbecues
* Student enterprise activities

The school aims to provide food based on the five food groups at these events to promote consistency with the broader school environment.

#### *Sponsorship*

The school does not engage in food and drink sponsorship through sports equipment, posters, food vouchers or equipment with marketing.

#### *Fundraising*

The school does not use the sale of chocolates, lollies, pastries and other ‘sometimes’ foods for fundraising. If fundraising takes place, non-food items are encouraged.

## Monitoring and review

This policy has been developed in consultation with staff, students, parents and carers. It will be reviewed every 2 years.

Date implemented: dd/mm/yyyy

Review date: dd/mm/yyyy

Signed by < name> School Council President

Signed by < name> Principal