

East Preston Islamic College

F O O D

A N D

Working with Parents

Parent involvement and parents setting a good example are positively associated with the consumption of fruit and vegetables among children.

Involve the wider school environment in activities, by including parents and families in healthy eating days and providing volunteer opportunities.

Education for parents.

Health information to be distributed via the school newsletter and on the school website.

Evaluation, review and monitoring of processes

Traffic light assessment of canteen menus after 3 months, 6 months, 12 months of change.

Work with Darebin City Council to review and assess progress.

Canteen

and wellbeing.

4. Food safety and hygiene

- Comply with the current food safety and hygiene regulations.
- Comply with standards outlined in the *Food Act 1984*.
- Canteen manager must have hold a certified Food Handling and Safety Certificate.
- Complete relevant food hygiene and safety training.
- Canteen must have and comply with food safety program.
- Ensure that aprons and hats/hairnets, which will be provided by the canteen, are worn at all times.

Lunchbox

1. Lunchbox guideline for parents

What children eat at school is important to health and it is particularly important at times of rapid growth and development, which include the school years.

EPIC is introducing our new School Food Policy to support our students to help our students to eat well and influences their future healthy eating habits. This policy applies to all foods providing to students during normal school hours including food from the canteen and packed lunches.

2. Food contained in packed lunches should include the following:

- Fruit and vegetables at least one portion of fruit and two portion of vegetables or salad
- Meat and non-meat one portion of fish, beef, chicken, egg beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel
- A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals
- Dairy foods such as milk, cheese, yoghurt
- Drinks water, full-cream or skimmed milk and 100% pure fruit juice

3. Food that should NOT contain in packed lunch include:

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Cereal bars and fruit bars.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children. Artificially sweetened drinks do not add extra kilojoules (energy) or sugar to the lunchbox, but still encourage sweet preference and promote the habit of drinking sweet drinks in children. Artificially sweetened soft drinks are also acidic and can lead

Useful resources for developing a canteen policy:

What not to put in healthier school lunches

Some items do not belong in a healthy school lunchbox. Six items to avoid when preparing lunch for your children include:

all sweet drinks such as fruit juices, fruit drinks, cordials, sports drinks, energy drinks, flavoured waters, flavoured mineral waters, iced teas and soft drinks. These are high in energy (kilojoules) and sugar, and can lead to weight gain and oral health problems in children

teeth, causing tooth decay

'dairy desserts', chocolate bars and muesli bars. These are generally high in fat and sugar

chocolate spreads, jams and honey in sandwiches. These add extra, unnecessary sugar to the lunchbox

fatty, salty processed meats such as salami and Strasburg

'oven-baked' savoury biscuits. These may sound like healthier options, but some are just as high in salt and fat as crisps.

School lunches and food safety

Food is usually stored in lunchboxes for several hours and it is important to keep the lunchbox cool so that the food stays fresh. Some tips to help keep lunchboxes safe include: