



Healthy Eating & Water Policy

Policy

At the Echuca Specialist School we promote healthy eating and drinking as it is important to good health throughout life for all people. It contributes to health and wellbeing, positive mental health and general quality of life and plays a role in preserving disease.

Rationale

For good health school aged children need to drink plenty of water and eat plenty of fruit, vegetables, cereals and choose foods containing less fat, less sugar and less salt.

AIM

- To develop an appreciation of healthy eating habits within students.
- To ensure that any foods/ drinks provided by ESS are healthy.
- It is important for staff to be good role models for healthy eating and drinking.
- To encourage students to drink water throughout the day.
- To provide each student with their own drink bottle with their name clearly marked.
- Ensure that all foods provided through food service or canteen (lunch orders) are healthy options.
- Learning programmes will give opportunities for developing practical food skills related to selection, planting, growing, storage, preparation, cooking and serving food.

