

Food policy

1. Introduction and Purpose

IQRA College promotes safe and healthy eating habits in line with the Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools and relates to the DECS wellbeing strategy. On top of that, the School wants to ensure that they serve only Halal food and beverages as a requirement of the belief and to educate students on the ways to identify the sources of halal food.

The School believes that childhood and adolescence are important times for establishing life-long, healthy eating habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels and good health;
2. Long term: minimises the risk of diet related diseases later in life; and
3. Good nutrition contributes to good health and well-being and this is vital for positive engagement in learning activities.

2. Scope

This Policy applies to all staff at IQRA College, students, Parents, suppliers and vendors.

3. Curriculum

IQRA College's food and nutrition curriculum:

- Is consistent with the *Dietary Guidelines for Children and Adolescents in Australia*, and the *Australian Guide to Healthy Eating*;
- Includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health;
- Includes opportunities for students to develop practical food skills for example, growing, preparing and cooking healthy food; and
- Integrates nutrition across the curriculum according to SACSA guidelines.

4. The Learning environment

Students at IQRA College:

- Have access to fresh, clean filtered and tap water available for use at all times and are encouraged to drink water regularly through the day
- Will eat routinely at scheduled break times
- Eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- Will utilise, develop and maintain a School garden and integrate the garden across the curriculum.

5. Food Supply

IQRA College:

- Encourages Halal and healthy food and drink choices for children and students
- Encourages food choices which are representative of the foods of the school community
- Ensures Halal and healthy food choices are promoted and are culturally sensitive and inclusive
- Ensures a Halal and healthy food supply for school activities and events
- Has established a healthy school canteen which sells and promotes Halal and healthy food choices
- Displays nutrition information and promotional materials about healthy eating
- Encourages a daily fruit and vegetable program to:
 - Provide students with important minerals and vitamins
 - Encourage a taste for healthy foods.

6. Buying and Ordering Food Outside of School

- Students are not allowed to buy and/or order fast food/food outside of School.
- A request to buy and/or order food from non-school vendor can only be made by Admin staff after an approval from the School Principal.
- The request should be made via email to the Principal. The email should clearly indicate the reason of purchase and the vendor's name.
- Any purchases made by students without a teacher's request for approval through

the Principal will not be distributed.

- Students are required to bring their own recess, lunch and drinks from home if they are not purchasing from the School's canteen.
- Students, especially those in primary school, who do not bring any recess or lunch may be referred to the Admin office – parents will be contacted and will be given the option to deliver the lunch for their child or place a lunch order. Parents will be invoiced accordingly.

7. Food and Kitchen Safety

IQRA College:

- Promotes and educates students on food safety during food learning activities
- Encourages staff to access training as appropriate to the Right Bite strategy and associated nutrition recommendations
- Provides and models adequate hand washing facilities and procedures for everyone
- Supports a canteen which is accredited in appropriate food safety standards

Use of School/Staff Kitchen

- Students from Reception to Year 10 are not allowed to enter any staff kitchen
- Year 11 and year 12 students may use the School's kitchen under the supervision of a staff member
- Students failing to comply with these provisions will face consequences – *refer to the Discipline Policy*

8. Food-related health support planning

IQRA College:

- Liaises with Parents to ensure a suitable food supply for students with health support plans that are related to food issues e.g allergies, diabetes.
- Liaises with Parents to avoid bringing unhealthy snacks and food (like soda, doughnuts, sweets, etc) and fast-food to school
- Provides information to Parents on the Right Bite strategy in a variety of ways including Newsletters, Policy development/review, Information on enrolment and Pamphlet/Poster displays.