

# Biloela State High School

## HEALTHY FOOD AND DRINK STRATEGY

*This policy is in line with Education Queensland's Policy – Smart Choices – Healthy Food & Drink Supply Strategy for Qld Schools.*

### We Promote Healthy Lifestyles

Biloela State High School actively supports healthy eating practices for the entire school community.

Healthy eating practices are fundamental messages taught in the classroom and experienced in the school environment through our “*Smart Choices*” tuckshop.

### Smart Choices Policy

To promote healthy choices we will endeavour to:

- Ensure the school curriculum includes learning opportunities that encourage and aid parents/students in making wise choices when selecting food and drink.
- Notify parents that food purchased from local businesses and provided to students may not be in the *Smart Choices* guidelines. Encourage healthy choice purchases by parents - rather than dropping off food from local businesses, parents should leave money at the office and the student/s will be advised to pick up the money for use in the tuckshop.
- Promote the drinking of water as the first and best drink choice.
- The Parent and Citizens Association will adhere to and follow the *Smart Choices – Healthy Food and Drink Strategy* of the Queensland Government in the tuckshop and for catered events to ensure healthy food is an option for all students and staff.
- Advertise and promote *SMART CHOICES* – the strategy that outlines foods and drinks which have been classified into three categories according to their nutritional value:
  - GREEN** – foods and drinks should be encouraged and promoted.
  - AMBER** – foods and drinks should be selected carefully.
  - RED** – foods and drinks should be limited in their supply to no more than two occasions per term.

Healthy food choices not only apply in the school grounds during a school day but also apply at our:

- School excursions and camps
- Sporting events/trips
- Curriculum activities/events – information events etc.

The “RED food and drinks day” may apply to the following events/activities in a school:

- Sports Days – Swimming, Athletics Carnival, Cross Country Carnivals
- Musical, Arts Cultural Evenings
- Awards Night – Academic and Sporting
- Harmony Day/or Event
- School events as approved and supported by P&C - excursions, welcome to Year 7s
- ‘Red Food/Drink days are limited to 8 days in a year; 2 per term.

Parents and students will be notified of any event where ‘Red Food’ will be available and these days will be clearly advertised.