Rationale
- Foods eaten at school contribute significantly to the students' daily nutrient intake and also have a considerable influence on the development of their eating habits, growth patterns and energy levels.
- It is important that parents, teachers and students work together to support a whole school approach to building a school culture in which students actively choose nutritious foods and a healthy lifestyle.

Aims
- To make it easy and the preferred choice for students to choose healthy snacks and meals.
- To promote foods that are consistent with the Dietary Guidelines for Children and Adolescents in Australia (www.nutritionaustralia.org).
- To compliment the diverse elements of the school curriculum.
- To involve students, parents and the wider school community in Health Education.
- To promote a healthy school environment.

Implementation
- Developing curriculum that supports healthy food choices
- Encouraging students to become involved in food-related activities, for example planning meals, growing foods, shopping for food products, cooking and promoting foods
- Maintaining consistent messages about healthy foods in all parts of the school operation
- Offering a smart Choice menu with 3 categories:
  a) Everyday Category (green foods)
  b) Select Carefully Category (amber foods)
  c) Occasionally Category (red foods)
- Offering special lunch days once per term
- Encouraging morning fruit snack time
- Providing students with access to water bottles in the classroom
- Using the newsletter to promote healthy snack and lunchbox ideas
- Access to the Life Education Van (2 year cycle)
- School to regularly communicate with outside food supplier about menu ideas
- Promote Sunshine PS as a healthy active school by discouraging fast food items such as McDonalds
- Abolition of soft drinks at school

Evaluation
This policy will be reviewed as part of the school’s three-year review cycle.