



HEALTHY FOOD POLICY



Help for non-English speakers

If you need help to understand the information in this policy please contact the school office on 9789 0077.

Purpose

The purpose of this policy is to create a school environment that supports Food and good oral health for all students, staff and families. We aim to make nutritious choices easy, enjoyable and part of everyday school life. This policy also helps us meet the Victorian Achievement Program requirements and guides our practices across teaching, the school environment and community partnerships.

Scope

This policy applies to:

- All students, staff and volunteers
- All school activities, including classroom learning, lunchtime, events, excursions, before/after school activities, fundraising and celebrations
- All food and drinks brought into the school or provided by the school (canteen, events, meetings, programs)

It covers both food and oral health practices across the whole school community.

Definitions

Food

Choosing a wide range of nutritious foods—especially fruit, vegetables, wholegrains, dairy, lean proteins and water—as recommended by the Australian Dietary Guidelines.

Oral Health

Keeping teeth, gums and mouth Nutritious through brushing, regular dental checks, drinking water, and eating foods that support dental health.

Discretionary Foods

Foods and drinks high in sugar, fat or salt (e.g., lollies, chips, sweet drinks). These are “sometimes” foods and are not encouraged at school.

Core Foods

Everyday foods like wholegrains, fruit, vegetables, dairy, lean proteins and water.

Nutritious Canteen Policy

Victorian Department of Education guidelines that ensure school canteen menus provide mainly Nutritious options.

Fruit/Vegetable Breaks

Short eating breaks during class where students eat fruit, vegetables or other Nutritious snacks such as yoghurt and cheese.

Vegetable Garden / Vegpod

Our school garden will be integrated into the PE curriculum and will include activities such as planting, tending, harvesting and cooking produce and herbs. A student leadership team will be established to help support the maintenance of the school garden. An Indigenous garden bed will promote Aboriginal cultural awareness, education and bush foods. The garden will also be used to support wellbeing as a sensory space.

Student Health Ambassadors

A student leadership group which supports our school efforts on health and wellbeing. The Student Health Ambassadors may support the maintenance of the vegetable garden.

Neurodiversity and Food

Kingsley Park Primary School recognises that neurodiverse students may experience food in unique ways. This policy supports a safe, flexible and respectful environment for all students.

We acknowledge that neurodiverse students may:

- Have strong sensory preferences for certain foods (texture, colour, temperature).
- Use familiar foods for comfort, regulation or routine.
- Experience anxiety or distress when expected to try new foods.
- Require extra support during busy or noisy eating times.

To support neurodiverse students, we will:

- Respect individual food preferences without judgement.
- Avoid pressuring students to eat or try new foods.
- Provide calm, predictable eating environments wherever possible.
- Allow students to bring familiar, safe foods from home.
- Work with families to understand a child's sensory needs around food.
- Focus on positive experiences—gardening, cooking, exploring foods—without forcing participation.
- Provide staff with guidance on supporting neurodiverse students' eating and sensory needs in a respectful way.

This approach aligns with our commitment to inclusion, body positivity and a positive relationship with food for all students.

Whole School Engagement

We work together—students, staff, families, the canteen, and community partners—to create a consistent and supportive approach to food and oral health.

Our whole-school engagement includes:

- Clear communication with families about food
- Student involvement through Health Ambassadors and garden programs
- Staff modelling positive attitudes towards food
- The Canteen menu complied with guidelines from the School Canteen and other food services guidelines.
- Working with community organisations like Peninsula Health, Smile Squad and HEAS
- Ensuring all events, celebrations and fundraising reflect our values on food.

Food Morality Labels

At Kingsley Park Primary School, we avoid using moral labels for food such as “good”, “bad”, “junk”, “naughty” or “treat foods”.

These labels can harm children's developing relationship with food and contribute to body image concerns.

Instead, we focus on:

- Everyday foods (nutritious foods we eat most often—fruit, vegetables, wholegrains, dairy, lean proteins, water)

- Sometimes foods (discretionary foods we eat less often)
- The idea that all foods fit and that food is not tied to shame, guilt, reward or punishment

We aim to reduce fear or anxiety around food and help students develop a positive, balanced relationship with eating.

Oral Health

We promote healthy teeth and gums by teaching students:

- To drink plenty of water
- To enjoy foods that support oral health (especially vegetables, dairy, fruit and wholegrains)
- To limit sugary drinks and sticky, high-sugar foods
- To follow good brushing routines at home and on school camps
- When and how to seek dental care

We work with Smile Squad and local dental services to provide oral health education, resources and free dental check-ups where available.

Food Literacy

Food literacy helps students understand where food comes from, how to prepare it, and how to make confident food choices.

At Kingsley Park, food literacy includes:

- Gardening programs such as Vegpods and the school vegetable garden
- Hands-on cooking or food preparation experiences
- Learning how food grows and seasonal eating
- Understanding sustainable food choices (e.g., local produce, reducing waste)
- Exploring cultural foods in an inclusive way
- Classroom learning linked to the Victorian Curriculum

Food literacy builds lifelong skills and helps students feel confident and curious about food.

1. Leadership and Commitment

- Our school is committed to promoting nutritious food and good oral health.
- Policies are shared with staff and families for feedback and are accessible on the school website.

2. Physical Environment

- Water: Students can bring water bottles to class and use school bubblers. Water is encouraged throughout the day.
- Nutritious Food: We promote nutritious snacks and lunches and discourage discretionary foods. Families receive guidance through newsletters and events.
- Eating Environment: Students have adequate time and inviting spaces to eat. Daily fruit breaks occur in all classes.
- Our Canteen meets the School Canteen and Other Food Services Policy.
- Fundraising: Food-based fundraising focuses on culturally diverse, nutritious options. Rewards are non-food (e.g., stickers, games).
- Safety: Mouthguards are recommended for contact sports.
- Breastfeeding: Private spaces and fridge access are available for breastfeeding parents/staff.

3. Culture

- We respect cultural and religious food practices and celebrate diversity through events and learning activities.
- Staff model positive food beliefs, avoid diet talk, and promote positive relationships with food.
- Food is not used as a reward.
- Celebrations include nutritious options.
- Smile Squad supports oral health through visits and education.

4. Teaching and Learning

- Food and oral health are taught through the Victorian Curriculum, including food literacy, gardening, preparing food and understanding food systems.
- Students participate in Veggie Garden and Vegpod activities, cooking experiences, and Food learning tasks.
- Oral health is reinforced through Smile Squad education and classroom activities.
- Students take part in planning and leading Food initiatives, such as the Vegpod project and Nude Food events.
- Staff have access to training and teaching resources to support Food and oral health education.

5. Supported Staff

- Staff are encouraged to take breaks, eat and drink water.
- The staffroom provides facilities to prepare and store food.
- Nutritious options are available at staff meetings and events.
- Staff can access resources and information to support their own wellbeing.

6. Families and Community Partnerships

- Families are invited to participate in gardening, cooking and cultural food activities.
- Food and oral health information is regularly shared with families.
- Information is evidence-based and provided in accessible formats.
- We partner with Peninsula Health, Smile Squad, HEAS and community organisations to support Food and oral health.
- Families are given information about local dental services, food relief services and community food programs.

Relevant legislation and policy documents

- School Canteens and Other School Food Services Policy
- National Health and Medical Research Council, Australian Dietary Guidelines
- DET School Policy and Advisory Guide – Health Education Approaches
- Oral Health Messages for the Australian Public
- Butterfly Foundation – prevention programs for schools
- National Eating Disorders Strategy
- DET Safe Food Handling
- Section 2.3.5 of the Education and Training Reform Act 2006
- Food Act 1984
- Australia New Zealand Food Standards Code.

Related school policies

- Kingsley Park Physical Activity and Movement Policy
- Kingsley Park Mental Health and Wellbeing Policy
- Child Safety

Monitoring and review

This School Food and Oral Health Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

REVIEW AND APPROVAL I M A R Y

Policy last reviewed	March 2026
Consultation	Student Health Ambassadors, Staff, School Council
Approved by	School Council (18th March 2026)
Next scheduled review date	November 2029

