



# Woodford International School

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## Healthy Eating Policy

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### Policy Commitment

Woodford International School will promote and encourage healthy eating practices by educating our school community, role modeling good practices and improving the access to healthy foods that are available in the Solomon Islands for students, staff and visitors.

### Policy Application

The Healthy Eating Policy extends to all areas within the school where food and drinks are being sold or are available.

### Healthy Eating Guidelines

Food Group	Eat Anytime	Eat Sometimes	Eat Rarely
<b>Vegetables</b>	Fresh vegetables (such as: carrots, corn, sweet potato, pumpkin, beans, peas, cucumber, celery)	Hot chips	Potato crisps/twisties
<b>Fruits/Nuts</b>	Fresh fruit (such as: melon, apple, nuts, pineapple, pawpaw, mango, banana, guava)	Preserved/dried fruit	
<b>Grain Foods</b>	Bread, rice, plain crackers, spaghetti, plain cereal	Biscuits, plain cake, muffins, brownie, scones, coconut bread, flavoured cereal, rice pudding, muesli bars	Chocolate or iced cakes and cupcakes
<b>Dairy</b> <i>(store dairy safely)</i>	Cheese, plain yoghurt	Sweetened/flavoured yoghurt	Ice cream
<b>Meat/Beans</b> <i>(store meat and seafood safely)</i>	Ham, tuna, boiled/baked chicken, stir-fry meat, dumplings, burger, eggs, beans, seafood	Fried chicken, meat pie, sausages, sausage roll, hot dog	Fatty meats such as bacon or lamb flap
<b>*Drinks</b>	Water, coconut water, plain milk	Fruit juice, flavoured milk	Soft drinks, bush lime
<b>*Confectionary</b>		Sugar-free lollies	Chocolate, lollies

### School Tuckshop

The tuckshop will offer a wide variety of 'eat anytime' foods, and a limited range of 'eat sometimes' foods. 'Eat sometimes' foods will only be sold as part of a meal package that is combined with 'eat anytime' sides/accompaniments that follow the healthy eating guidelines outlined in this policy.

### **Catering**

School meetings and events that are catered or where food is available for sale should reflect a balanced diet comprising options that are a majority of 'anytime' foods with a minimal complement of 'sometimes' foods. Foods in the 'rarely' category are not to be provided as part of any catering arranged by Woodford International School.

### **Birthdays, Parties and Other Events**

School and classroom events – including birthdays, holiday celebrations and concerts – where food is provided or made available, the food choices should reflect a balanced diet comprising options that are a majority of 'anytime' foods with a minimal complement of 'sometimes' foods. Discretion should be used in determining whether foods in the 'rarely' category are served, and only in small quantities with limited availability and approval.

### **Fundraising**

When fundraising with the sale or provision of food items (including as prizes), 'sometimes' foods may be served in the majority, recognising that these events only occur sometimes. 'Anytime' food and beverage options should be available to compliment 'sometimes' foods. Foods in the 'rarely' category are not to be sold or provided for any fundraising activities.

### **Education**

Woodford International School will develop a range of materials that promote healthy eating practices within the school, including but not limited to:

- Posters that outline and promote the healthy eating guidelines visually;
- Quick reference meal guides to help parents prepare lunches and send food for events and parties;
- Age-appropriate healthy eating modules/activities in the classroom; and
- Capacity building of school and canteen staff on importance of healthy eating practices and the school policy.

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*This policy is a working document, which will be reviewed and amended on an as-needs basis.*