



Healthy Eats

2 & 5 to help you thrive!



Create a Whole School Food & Drink Policy

Creating a Food & Drink Policy



1. Getting support from your stakeholders

- Do the school staff support a whole school food & drink policy? Do they share the vision?
- Do pupils and parents and the P&C committee support it?
- What are the perceived priorities in your school? Where does nutrition rank on the agenda?
- Who will be the initial working group to establish the school food and drink policy? **Establish a Healthy Eats committee.**
- You may need to sell the idea to your school community describing a school food and drink policy by helping them to understand its importance using statements like:
"Academic achievement, student behaviour, school attendance and health and wellbeing outcomes can all be positively influenced by bringing the school community together to work collaboratively using evidence-based strategies to support and promote positive, healthy food and drink behaviours."

2. Conduct an audit of the school food and drink environment

- Your **Healthy Eats School Toolkit** includes a 'Healthy Eats School Workbook.' This will help your school leader to identify opportunities (in the whole school, tuckshop and classrooms), to improve your school's food and drink environment according to the priorities of your school community.
- Who will conduct the audit?



3. Draft a whole school Healthy Food & Drink Policy

- Consult with a small working group of senior staff, tuckshop convenors and parents (P&C committee members), to draft a policy that reflects the needs and values of your school community around nutrition.
- The policy may include the following headings:
 - Introduction
 - Aim
 - Rationale
 - Guidelines or Policy Statement
 - Monitoring and evaluation
- Consider:
 - *Tuckshop*: Does your school food services meet the national and state guidelines for school food & drink?
 - *Classroom*: Are there opportunities for your school to improve the way you teach nutrition in the relevant learning outcomes and other cross curricular opportunities?
 - *Whole School*: What resources or support does your team need to make this policy work? What legislation and evidence-based nutrition guidelines should your policy reflect?
 - *Leaders*: What will the role of all stakeholders be to make this policy work?
- Contact your **Community Development Officer** for some ideas.

4. Communicate the draft policy to your school community

- Get feedback on the draft policy – you may want to create a questionnaire to get targeted feedback on certain sections.
- Is the policy clear and straight forward?
- Is the policy realistic? Does it motivate your team?

5. Modify the draft policy according to feedback

6. Communicate the revised policy to your school community

- Parent flyer
- Add a link in the school newsletter
- The school website and social media
- Promote the policy around the school with signs/ posters

7. Implement your policy

- Put the policy into action
- Let the key stakeholders in the school community know what is expected from them
- Are there any training or resources required to implement the policy?
- Communicate to the school community how the policy is being implemented and celebrate success!

8. Monitor, Evaluate and Update

- The **Healthy Eats team** recommends reviewing your policy annually and undertaking a self-assessment, 'Healthy Eats School Checklist' (in your **Healthy Eats School Toolkit**) every 6 months
 - Who will be responsible for this?
- Things to consider:
 - Are the guidelines of the policy being met?
 - Have you measured outcomes? (See the Healthy Eats School Checklist - has your score improved from last time?)
 - Have there been difficulties? What opportunities do you have to overcome them?
 - Has the **Healthy Eats Committee** been successful?
 - What opportunities do you have to improve?



We acknowledge the support of



Healthy Eats was the 2019 Winner
for Outstanding Collaboration in
Social Impact Measurement.

This program has received funding
from Northern Queensland Primary
Health Network (NQPHN)



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