

Berri Primary School Food and Nutrition Policy

(Review November 2026)

At Berri Primary School we promote nutritional eating habits in a safe, supportive environment for all children, in line with the *Right Bite Healthy Food and Drink Supply Strategy for SA Schools and Preschools*. We believe that childhood is an important time for establishing and strengthening lifelong, healthy eating habits and can benefit children in many ways:

- In the short term, it maximises growth, development, and activity levels, whilst minimising illness.
- In the long term, minimises the risk of diet related diseases later in life, for example: heart disease, stroke, some cancers, and diabetes.
- It contributes to good health and wellbeing, vital for positive engagement in learning activities; and
- supports speech and dental development (Speech Pathologists and dentists recommend children should eat crunchy foods).

As a result, school staff will:

- be familiar with the Right Bite Food and Drink Supply Standards. The standards relate to any setting in the school where food and drink is provided or sold. This includes food or drinks offered:
 - at camps or excursions,
 - at celebrations or events; and
 - in the classroom, provided by the teacher, or support staff.
- ensure adequate health and hygiene practices are followed, as well as safe practices for handling, preparing, and storing food, in line with Australian food safety standards,
- ensure children have access to safe drinking water at all times and are encouraged to drink water regularly throughout the day,
- be familiar with, and adhere to, individual needs and action plans for children with specific dietary requirements, (including when on excursion),
- model and encourage healthy eating behaviours,
- promote healthy eating habits amongst families and inform parents/caregivers of any specific restrictions when children with severe allergies attend,
- display nutrition information and promotional materials about healthy eating via updates in newsletters and communication platforms; and
- invite families to participate in policy development and review.

Curriculum and Learning Environment

Our programme:

- includes activities that provide children with the knowledge, attitudes, and skills to make positive, healthy food choices and learn about the variety of foods available for good health,
- teaches the importance of healthy meals and snacks,
- is advised by the Australian Curriculum; and
- supports children to be independent in managing their food and drink items including drink bottle and lunch box storage and handling.

Food supply

Our school promotes Rite Bite Food and Drink Supply Standards

The Right Bite Food and Drink Supply Standards aim to create a positive food environment for all students.

The standards are recommended as best practice for all public schools and out of school hours care. They should be applied to all food and drinks supplied or sold to students in the following settings:

- canteens onsite at primary and secondary schools,
- food and drinks provided by an outsourced provider,
- food and drink regularly supplied by a bakery, deli or take away outlet,
- breakfast programs,
- excursions and camps,
- fundraising events and sports days,
- classroom activities including celebrations,
- rewards, incentives, gifts, prizes and giveaways,
- out of school hours care (OSHC); and
- vending machines.

right bite Food and Drink Supply Standards for South Australian Schools
www.education.sa.gov.au/rightbite

GOVERNMENT OF SOUTH AUSTRALIA
Government of South Australia
Department for Education

best options

Offer and promote a **variety** of **green** food and drinks

green foods and drinks should make up **60%** of options

choose carefully

Offer **smaller portions** of **amber** food and drinks

limit **amber** foods and drinks to **40%** of available options

limit to twice per term

red 1 foods and drinks should be limited to twice per term, for example as part of a whole of school celebration or fundraising event

should not be supplied

red 2 foods and drinks should not be supplied, provided or sold to students



Preventive Health SA Healthy Food Environments Hub

Tools and resources are available to support you in meeting the revised Right Bite standards. Use the Preventive Health SA FoodChecker to assess products, recipes and menus.

preventivehealth.sa.gov.au/our-agency/obesity-prevention/healthy-food-nutrition/healthy-food-environments-hub

To guide school choices around food and drink provision, the Right Bite Standards categorise foods and drinks into green, amber and red. The food and drinks that are classified as green are based on the Australian Guide to Healthy Eating's Five Food Groups which include:

- grain (cereal) foods, mostly wholegrain or high fibre cereal varieties
- vegetables, legumes and beans
- fruit
- milk, yoghurt, cheese and their alternatives, mostly reduced fat
- lean meat and poultry, fish, eggs, tofu, nuts and seeds, legumes, and beans.

Healthy snack time

Children should eat three meals and at least one snack each day. A healthy snack routine is prioritised each morning at Berri Primary School between the start of the day and lunch time. Savoury foods only are permitted, to protect teeth, limit sugar intake and help boost protein and fibre.

*We welcome donations of fruit from community members and businesses for healthy snack time – ensuring PIRSA guidelines.

Non-food classroom rewards

The classroom is a perfect setting for role modelling positive food behaviours. Offering students non-food rewards in place of food can:

- role model the timing and purpose of food in our daily lives,
- provide consistent messaging alongside the curriculum to reinforce healthy habits; and
- reduce plastic waste.

Food rewards may have unintended consequences such as:

- prompting students to eat when they aren't hungry, ignoring their body's natural cues
- teaching students' minds and bodies to associate food with good or bad behaviour
- contradicting what you're trying to teach students in the classroom about food, eating and looking after our environment.

Ideas for non-food rewards

Here are some alternatives to food related rewards for younger students:

- pencil, pens or erasers
- activity or colouring in sheets
- lucky dip prize
- privileges such as a 'no homework' pass, computer time, music
- active or nature play prize
- points system for an end of term class activity
- points granted to a class choice for a free time activity or free choice music
- opportunity for sought after classroom roles such as canteen monitor or message delivery.

For older students:

- a no or late homework pass
- points toward additional free time or house system rewards
- a book or similar voucher
- class movie choice and session
- chat breaks or sitting with friends
- a recognition certificate.

Celebrations and special events

Food is an important part of our culture and social celebrations and for this reason, food will not be banned from celebrations and special events, however, the school will take into consideration how food is managed in these circumstances.

If parents and carers wish to celebrate their child's birthday with class members, we ask that they bring small individually wrapped items to be shared near the end of the school day.

FOR A HEALTHY LUNCHBOX **PICK & MIX** SOMETHING FROM EACH GROUP **1-6!**

FRUIT 1	VEGETABLES 2	MILK, YOGHURT AND CHEESE 3	MEAT OR MEAT ALTERNATIVE 4	GRAIN AND CEREAL FOOD 5	WATER 6
<p>FRESH FRUIT</p> <ul style="list-style-type: none"> Apple Banana Mandarin Orange quarters Pastorful halves (with spoon) Watermelon, honeydew, rockmelon chunks Pineapple chunks Grapes Plums Nectarines, peaches, Apricots Strawberries Cherries Kiwifruit halves (with spoon) Pear <p>MIXED FRUIT</p> <ul style="list-style-type: none"> Fruit salad Fruit kebabs <p>DRIED FRUIT</p> <ul style="list-style-type: none"> Dried fruit, nut, popcorn mixes* <p>TINNED FRUIT/SNACK PACKS/CUPS</p> <ul style="list-style-type: none"> In natural juice (not syrup) 	<p>FRESH CRUNCHY VEGES</p> <ul style="list-style-type: none"> Corn cobs Carrot sticks Capsicum sticks Green beans Cucumber sticks Celery sticks Snow peas Tomatoes (e.g. cherry and Roma tomatoes) Mushroom pieces <p>Can serve with either:</p> <ul style="list-style-type: none"> Hummus Tomato salsa Tatziki Beetroot dip Natural yoghurt <p>SALADS</p> <ul style="list-style-type: none"> Coleslaw and potato salad (reduced fat dressing) Mexican bean, tomato, lettuce and cheese salad Pesto pasta salad* <p>BAKED ITEMS</p> <ul style="list-style-type: none"> Grilled or roasted vegetables Wholemeal vegetable muffins or scones Vegetable slice (with grated zucchini and carrot) Popcorn <p>SOUP (In small thermos)</p> <ul style="list-style-type: none"> Pumpkin soup Potato and leek soup Chicken and corn soup 	<ul style="list-style-type: none"> Milk Calcium-enriched soy and other plant-based milks Yoghurt (frozen overnight) Custard <p>Tip:</p> <ul style="list-style-type: none"> Freeze the night before to keep cool during the day <p>Can serve with either:</p> <ul style="list-style-type: none"> Cheese cubes, sticks or slices Cottage or ricotta cheese Cream cheese Tatziki dip <p>Can serve with either:</p> <ul style="list-style-type: none"> Fruit Wholegrain cereal, low in sugar Vegetable sticks Rice and corn cakes Wholegrain wheat crackers 	<ul style="list-style-type: none"> Tinned tuna or salmon in springwater Lean roast or grilled meats (e.g. beef, chicken, kangaroo) Falafel balls Lean meat or chicken patties Tinned tuna or salmon patties Lentil patties Lean deli meats (e.g. ham, sliced, chicken) Boiled eggs Baked beans (canned) Tofu cubes Hummus dip Lean meat or chicken kebab sticks Peanut butter* <p>Can serve with:</p> <ul style="list-style-type: none"> Wholegrain sandwich, roll, pita or wrap bread with salad Rice and corn cakes Wholegrain wheat crackers Side salad <p>Vegetable fillings</p> <ul style="list-style-type: none"> Sliced chicken drumsticks Savoury muffins or scones (e.g. lean ham, cheese and shalots) Homemade pizza with lean roast or deli meats and vegetables <p>Can serve with:</p> <ul style="list-style-type: none"> Side salad Steamed or roasted vegetables 	<p>MAINS</p> <ul style="list-style-type: none"> Wraps Sandwiches Rolls Toasted sandwiches <p>Tip: Use breads such as wholemeal, multigrain, rye, sourdough, pita, flat, corn, mountain, lavash, white fibre-enriched soy and linseed, herb, naan, bagels, focaccia, fruit bread and English muffins.</p> <ul style="list-style-type: none"> Pasta dishes Rice, quinoa or couscous dishes Noodle dishes Sushi <p>SAVORY BAKED ITEMS</p> <ul style="list-style-type: none"> Homemade pizzas Wholemeal savoury muffins or scones (e.g. ham, cheese and corn muffins) Vegetable based muffins Pasta or noodle bake <p>SWEET BAKED ITEMS</p> <ul style="list-style-type: none"> Fruit loaf Wholemeal fruit based muffins <p>SNACKS</p> <ul style="list-style-type: none"> High fibre, low sugar cereal (e.g. muesli) English muffins Crackers Crispbreads Rice cakes Corn thins Wholemeal scones Pikelets Crumplets Hot cross buns (no icing) 	<ul style="list-style-type: none"> Take a water bottle (for refilling throughout the day) <p>Tip:</p> <ul style="list-style-type: none"> Freeze overnight to keep foods cool in lunchboxes <p>Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins, slices) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.</p> <p>Sugar sweetened drinks and confectionery should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.</p>

For more information about healthy eating and for many tasty recipes, visit the the Healthy Eating Advisory Service: <http://heas.health.vic.gov.au/>

*Please note - should a child enrol with a **food allergy**, an individual plan will be developed with that child’s family and communicated to all staff and parents (as required).

See resources and information for managing food allergy at Allergy and Anaphylaxis Australia Checklist for managing allergy - [Digital Product Details \(owna.com.au\)](http://Digital Product Details (owna.com.au))

Please also refer to the Nut Awareness policy provided on the website.



For more information about the Right Bite Food and Drink Supply Standards, visit www.education.sa.gov.au/rightbite

Approved by Berri Primary School Governing Council, November 2024.

Acting Chairperson

Mrs Amanda Hill

Principal

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