

The Glenleighden School Food Guidelines

Meal times are an important and integral part of everyday life, including at The Glenleighden School. Schools have an important role in promoting healthy eating and physical activity in students and providing an environment that supports a healthy lifestyle. Each child has different energy requirements based on gender, age and activity level. A healthy diet can improve behaviours critical to educational success and performance at school. Effective school-based nutrition and health interventions can also help improve academic performance.

Our aim at The Glenleighden School is to:

- Promote healthy living, including maintenance of an appropriate weight range
- Prevention and/or stabilisation of medical conditions
- Provide students with a variety of experiences (e.g. tastes and textures) to assist them to interact successfully with and enjoy their world
- Provide students with the optimum chance for success in their learning

Many children with Language Disorder present with mealtime difficulties, which can be related to:

- Poor mealtime behaviours and eating skills
- Anxiety regarding new or unfamiliar foods
- Difficulties with texture management
- Limited dietary intake, growth and nutrition
- Restricted and imbalanced diet

As a result of the Queensland Government's recent strategy to address the increase of childhood obesity (*The Health Food and Drink Supply Strategy for Queensland Schools* – <http://education.qld.gov.au/schools/healthy/food-drink-strategy.html>), The Glenleighden School will be adopting the 'traffic light' approach to foods allowed at school. Foods and drinks have been classified into three categories according to their nutritional value: **GREEN** (have plenty), **AMBER** (occasional) and **RED** (only at home).

Families at The Glenleighden School can support their children by:

- Providing morning tea and lunch each day at school that follow the guidelines below (please see Appendix A for recommended meal portions)
- Labelling belongings (e.g. water bottle, lunchbox)
- Include utensils as necessary (e.g. Formal Lunch days, yoghurt tubs)
- Encouraging students to assist or prepare their own food and drink
- Including a water bottle (fruit juices and flavoured milk may be allowed on Tasty Tuesday and other special events)
- **Ensuring that any information about food allergies or intolerances is promptly passed on to administration.**

Staff at The Glenleighden School support the students by:

- Ensuring a high level of supervision during all mealtimes
- Provide individual mealtime support as required
- Expecting students to eat most or all the morning tea and lunch provided
- Encouraging students to try new and unfamiliar foods in a safe environment
- Removing **RED** items from student's lunchboxes and return them to parents with a note reminding them of the school policy as required
- Returning all uneaten food so that the parents are aware of what has been eaten during the day. Parents can then gauge the child's interest or adjust the portion size (please refer to recommended daily servings for children and young people www.eatforhealth.gov.au)
- Encourage students to drink water during the day (including during class)

If you have concerns regarding your child's mealtime needs, please refer to your Team Leader. Specific mealtime therapy and support is available through the "Food School" program, which is run by qualified staff.

<u>GREEN</u> Have Plenty	<u>AMBER</u> Only bring in 1-2 times a week	<u>RED</u> Not allowed at school
<p>Breads and alternatives (wholemeal or wholegrain preferred)</p> <ul style="list-style-type: none"> - Rice and corn cakes - Tortillas - Pita bread <p>Rice and noodles</p> <p>Cereals (low sugar)</p> <p>Popcorn (air-popped)</p> <p>Fruits (if tinned, in natural juices preferred)</p> <p>Vegetables and salads</p> <p>Legumes (hommus, baked beans)</p> <p>Dairy products (reduced fat)</p> <ul style="list-style-type: none"> - Yoghurt in tubs (not dessert yoghurt or squeeze types) - Cheese - Unflavoured milk <p>Meat, fish and poultry</p> <ul style="list-style-type: none"> - Beef - Lamb - Pork - Tuna - Salmon - Chicken - Turkey <p>Eggs</p>	<p>Bread and alternatives</p> <ul style="list-style-type: none"> - Pikelets - Fruit bread and toast - Shredded wheatmeal/milk arrowroot biscuits <p>Snack food bars</p> <ul style="list-style-type: none"> - Cereal bars - Muesli bars <p>Meat, fish and poultry</p> <ul style="list-style-type: none"> - Sausages - Meat balls - Crumbed chicken or fish - Chicken roll - Deli meats <p>Spreads (vegemite)</p>	<p>Bread and alternatives</p> <ul style="list-style-type: none"> - Cakes (except for special occasions, i.e. birthdays) - Muffins and doughnuts - Croissants - Pies & sausage rolls - Iced or cream-filled buns - Sweet biscuits and pastries - Slices <p>Dairy products</p> <ul style="list-style-type: none"> - Flavoured milk (except FFF) - Dessert and frozen yoghurt - Ice cream <p>Lollies and chocolate</p> <p>Drinks</p> <ul style="list-style-type: none"> - Energy and sports drinks - Soft drink and flavoured mineral water - Fruit juice (except FFF) and cordial <p>Snacks</p> <ul style="list-style-type: none"> - Chips and crisps - Popcorn (flavoured) - Shapes/Tiny Teddies - Snack food bars – fruit bars and rollups - Overly processed cereals and “health snacks” <p>Spreads (chocolate, honey, jam)</p> <p>Take-away or fast food</p> <p>Nuts and nut products</p>

Appendix A - Approximate average proportion of food groups served in a healthy lunch box

1 bottle water	Dairy (1 serve)	Vegetables (2 serves)	Bread/rice/ pasta (2 serves)
Fruit (1 serve)	Meat/meat alternative (1 serve)		

Some example lunch box ideas

