

Preparing today's students for *tomorrow*

Healthy Eating

Healthy eating has a long-lasting and positive impact on a child's growth, development and health.

Foods eaten by your child at school contribute greatly to their daily nutrient intake. These foods considerably influence their eating habits, growth patterns, energy, concentration levels and ability to learn.

You have an important role to play in helping to ensure your child eats well and stays active.

Healthy school lunch ideas include:

- sandwiches or pita bread with cheese, lean meat or salad
- cheese slices, crackers with spread and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather

Highly processed, sugary, fatty and salty foods should only make up a very small part of your child's diet. Foods to limit in school lunches include:

- processed meats such as salami and pressed chicken
- chips, sweet biscuits, muesli and breakfast bars
- fruit bars and fruit straps
- cordials, juices containing sugar and soft drinks

It is important to let your child's school principal know if your child is allergic to particular foods.



Health education initiatives

We actively promote healthy eating and physical activity and support a whole-school approach to health education through the following initiatives:

Healthy Canteen kit - a kit developed to support students making healthy food choices at school and in life.

Learn more:

<http://www.education.vic.gov.au/school/principals/management/Pages/canteendown.aspx>

Food ideas for home and school - the Healthy Canteen Kit provides lots of great ideas for healthy, tasty, attractive foods. While ideas in the canteen manual have been provided to help school canteens create interesting food choices at school, these suggestions can also be used at home to provide healthy food choices.

Learn more:

<http://www.education.vic.gov.au/school/principals/management/Pages/canteenideas.aspx>

Resources to help you make the right food choices

At a glance food planner -

<http://www.education.vic.gov.au/Documents/school/principals/management/gfylplanpost.pdf>

Your colour guide to healthy eating -

<http://www.education.vic.gov.au/Documents/school/principals/management/gfylstudpost.pdf>

To see how your child is being prepared for their future,
visit education.vic.gov.au/futureready

