



HEALTHY EATING POLICY

Preamble

For the purpose of this document, healthy eating aligns with the principles in the [Australian Dietary Guidelines](#).

Mission

Tenison Woods College is committed to a holistic education of each student where learning and wellbeing are integral.

Belief

Tenison Woods College actively promotes the Catholic world view which affirms every individual person as made in the image of God (Gen 1:27). Life and physical health are precious gifts of God.

We believe that teaching and modelling best practice in healthy eating improves learning, health and provides the opportunity to reach potential.

Preferred Futures

- Food and beverages offered at Tenison Woods College reflects the Australian Dietary guidelines and the diversity of the College community with consideration of culture, health needs and age.
- Food offered is healthy and affordable.
- Change in our community is conducted consultatively and respectfully and on a shared understanding of our beliefs and mission.
- Parents, teachers and students work together to support a whole College approach to healthy eating and lifestyle.
- Food wastage and packaging are minimised in alignment with the sustainability priorities of the College. This will be reflected in serving sizes and packaging choices.
- Food offered reflects the educational goals of the cooking/kitchen programs offered within the College and complements student learning.

Planning for Change

- Communication of the Preferred Futures to the Board's Faith Health and Wellbeing Standing Committee, staff, students and parents for feedback.
- Development of a policy informed by Healthy Eating Draft Document.
- Assessment of current situation.
- Introduction of healthier options and removal of low nutritional foods.
- Recommendations established for classrooms, fundraising, school events.
- Ongoing development and review of HPE curriculum to complement change.

Supporting websites

www.eatforhealth.gov.au

Department for Education: [Rite Bite](#)

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