



## Acknowledgement

These guidelines have been adapted from those developed by the National Health and Medical Research Council (NHMRC). The NHMRC guidelines for healthy eating are based on the best available scientific evidence including the Australian Dietary Guidelines (2013), Infant Feeding Guidelines (2012) and Nutrient Reference Values for Australia and New Zealand Including the Recommended Dietary Intakes (2006).

## Preamble

Eating a balanced diet is vital for good health and wellbeing. Food provides our bodies with the energy, protein, essential fats, vitamins and minerals to live, grow and function properly. We need a wide variety of different foods to provide the right amount of nutrients for good health. Enjoyment of a healthy diet can also be one of the great cultural pleasures of life. An unhealthy diet increases the risk of many diet-related diseases.

Children and young adults are at a critical stage of life, with specific nutrition requirements to support growth and development. Additionally, good food and nutrition support cognitive function, which impacts upon an individual's academic performance.

## Policy

Christ Church Grammar School understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health.

The School will serve members of the Residential Community:

- breakfast and dinner in the dining hall each day, lunches are distributed from the Refectory
- morning tea, afternoon tea and supper in the residential precincts
- The school will provide late or takeaway meals as required, to meet individual student commitments.

The School will engage a catering company and will ensure that:

- food is prepared hygienically and stored safely
- food is to be made fresh, of a high quality and appeal to the students
- allowances are made for food intolerances, allergies or special dietary requirements
- food/dishes will be correctly labelled and clearly stated when they contain items which may cause an allergic or anaphylactic reaction

## Nutrition

Students will be provided with:

- sufficient nutritious food to grow and develop normally
- a wide variety of nutritious food from these five food groups:
  - Plenty of vegetables, including different types and colours, and legumes/beans (minimum target of 5.5 serves per day)
  - Fruit (minimum target of 2 serves per day)
  - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties, such as bread, cereals, rice, pasta, noodles, polenta, couscous, oats, quinoa and barley (minimum target of 7 serves per day)
  - Lean meats and poultry, fish, eggs, tofu, nuts and seeds, and legumes/beans (minimum target of 2.5 serves per day)
  - Milk, yoghurt, cheese and/or their alternatives (minimum target of 3.5 serves per day)
- plenty of water.
- Limited foods containing saturated fat, added salts, added sugars.

Discretionary food offerings, such as confectionery, are limited to 0-5 serves a day, unless otherwise instructed by the school.

## Menu cycle

The menu is a 4-week cycling menu, with seasonality considerations.

## Review

The School will review the menu provided by the caterers annually.

An annual survey is completed by all boarders to the catering provider to consider feedback and to make appropriate changes if necessary.



# Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.  
Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Fruit



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Use small amounts



Only sometimes and in small amounts

