

# “Right Bite at Lobethal Primary School”

Policy Statement 2013

*This statement is based on the DECD Healthy Eating Guidelines as outlined within the ‘Right Bite Strategy’. The full DECD strategy is available at [www.decd.sa.gov.au](http://www.decd.sa.gov.au)  
Lobethal Primary School is a Nut Aware site*

The ‘Right Bite Strategy’ organises food types into three categories. **Red**, **Amber** and **Green**. The **Red foods** are to be limited, **Amber foods** are for moderate consumption and **Green foods** are preferred. Some Amber foods can be considered Green if the mode of preparation is adjusted (for example home made patties rather than shop bought).

This statement encompasses food provision by Lobethal Primary School to students.

- **Red Foods** should be provided within the school no more than twice per term (including birthdays, fundraising and Monday Munchies)
- Food will not be used as a reward at school.
- Uncontrolled food provision such as birthday cakes, treats provided by community (eg. muffins, candy canes) should be minimised to allow the school to monitor suitable, safe food provision.
- Class celebrations, camps and excursions will observe the Right Bite strategy
- Easter and Christmas are singular annual occurrences and should be incorporated into the overall frequency of **Red category food**.

This policy supports the healthy eating programmes of Lobethal Primary School including gardening and Monday Munchies programmes.

This policy does not encompass individual student lunches or snacks from home. Lunches from home are the responsibility of parents. The school can offer guidance regarding the ‘Right Bite Strategy’ to the general community.

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