

**Rationale:** The regular intake of healthy foods and water enable the body and brain to function at peak performance, without the usual peaks and troughs that typify fluctuating energy levels brought about by irregular eating and drinking.

**Aims:** To maximise learning potential for all students by allowing them to graze on healthy foods and water whilst at school.

**Implementation:**

- Brain food is available to all students in all classrooms every day. The time the students eat their brain food is at the teacher's discretion. Each class teacher will inform parents of their brain food time.
- When students are participating in a specialist program it may be impractical or unsafe to have brain food. On returning to their classroom students will be provided with time to eat brain food.
- All students are encouraged to eat brain food, but it is not a requirement to be involved.
- The advantages of brain food will be regularly detailed in the school newsletter.
- All classrooms will encourage students to bring clearly named plastic water bottles into the room and students will be given unlimited access to water throughout the day. Water bottles must not contain drinks such as cordial or juices or sports drinks – water is the only acceptable brain food drink.
- Students will also be encouraged to bring healthy snacks into the classroom, which they will be encouraged to eat throughout the day at the teacher's discretion. **Brain foods must be in clearly named plastic containers, must not require cutting or preparation and must not be messy.**
- Foods MUST NOT contain nuts. Our school has Nut Free Policy.

- All students will be coached in the importance of not sharing foods or water bottles, and not eating foods brought by somebody else.

Appropriate Brain Foods are generally unprocessed and ensure a slow release of glucose rather than a quick fix provided by high sugar / fat filled foods, which do not sustain the consistent glucose input the brain requires.

**Typical Brain Foods would include:**

- \* Fresh fruit and vegetables, chopped into easily handled pieces eg carrot, apple, celery.
- \* Fresh mushrooms
- \* Seeds (eg sunflower and pepitas)
- \* Cheese sticks/cubes
- \* Dried fruit (eg apricots, prunes, raisins and sultanas) - fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)
- \* Rice cakes
- \* Chick peas and other legumes
- \* Boiled eggs (already shelled)

The following items are to cater for those students who have sensory issues, however most teachers would prefer students not to bring these. If your child has sensory issues, please discuss this with your child's teacher and negotiate the following food items;

- \* Muesli Bars – fruit based only – not chocolate
- \* Yoghurt (preferably in pouches that students can suck to minimise mess)

**Evaluation:** This policy will be reviewed as deemed necessary.

*This policy was last ratified by School Governing Council in 2024.*