**Rationale:** Government legislation was introduced to monitor the quality and nutrition of food provided to students at all state schools. Lowood SHS is a committed Health Promoting School which involves the provision of healthy food choices to all members of our school community.

**Details:**
Food options are divided into three categories:
- **Green =** Foods which should be eaten regularly;
- **Amber =** Foods which should be eaten in moderation;
- **Red =** Foods which should be eaten in small portions and only occasionally.

RED foods are only available in the school two days per term. When students are allowed to eat them is classed as *one occasion* and does not mean the whole day should be seen as a RED day. For example: Year 10 Graduation. Red food is served at the evening function, however that does not mean that red food can be served at school as well and for it to be still be classed as one occasion. This would in fact be two occasions.

Each year, there are a number of days which are automatically RED days, these include:
- Swimming Carnival,
- Year 7 EXPO,
- Year 10 Social,
- Athletics Carnival,
- Year 12 Formal,
- Education Support Centre - XMAS Lunch in November.

If you would like to stage an event or propose a RED Occasion for Lowood SHS which is in addition to these six, you will need to complete the application form and submit it to the Health Promoting Schools Committee who will consider it. If endorsed, the committee will take it to the next available Senate for a final decision.

You should make your application at least 4 weeks prior to the proposed date as you must remember, Senate is each fortnight thus you may not get approval (if it is approved) until 2 weeks before the event/occasion. This needs to be factored into your planning.

Contact a Health Promoting Schools Committee Member for an application form.

***** End Of Policy *****