



Photo: Foodbank

Schools can make a big difference when it comes to creating a healthy eating environment. When children and young people eat well, they learn better, are more alert and are more likely to grow and develop to their full potential.



Darley Primary School has embraced the creation of a healthy eating environment through their engagement with BCH's Health Promotion Team, Foodbank's School Breakfast Clubs Program, the Healthy Schools Achievement Program and the Healthy Eating Advisory Service (HEAS). These programs and services have helped the school to transform their food offerings, so students are surrounded with healthier food and drink options. Wellbeing Officer at Darley, Cherie, discusses the reasons why engaging with these programs is so important. "We have a diverse community, for many of our students they may not have the opportunity to source healthy foods. For us, it's about putting decent food in students' bellies." The school offers a Breakfast Club everyday and with the help of HEAS, has implemented the Traffic Light System in the canteen. Darley Primary School has also achieved Victorian Government recognition for Healthy Eating & Oral Health in the Healthy Schools Achievement Program.

HEALTHY SCHOOLS Achievement Program

Healthy Eating Advisory Service

The combined impact of these programs and services is evident with over 600 children having improved access to healthier food and drink options, helping them reach their potential physically, emotionally and academically.