

# Daylesford Dharma School

## **Aim:**

- To promote food practices that will inspire children to choose healthy, self-empowered options.
- To promote food practices that will support the development of compassion and the view of interdependence.
- To support skills development and exposure to food diversity that underpins the principles of sustainability and mindful consumption.
- To support children towards developing independent skills in growing, harvesting, storing and preparing food.
- To offer an approach to food consumption that supports our school community to regard food choices as another area of behaviour that can increase the development of awareness and compassion.
- To be flexible and tolerant in our approach to implementing our food policy and the choices that are made by others.

## **We encourage healthy food consumption practices:**

- The Dharma School promotes a 'nude food' policy.
- On occasions when pre-packaged food is included in the lunch box it is requested that the wrappers are removed and disposed of at home.
- We encourage home-cooked snacks as lunch box inclusions. We encourage the inclusion of whole foods as a general approach to the school lunch box.
- The Dharma School discourages the inclusion of sugar based and low-nutrition snack foods as a regular part of food consumption.
- We encourage our whole school community to approach healthy eating as the norm and snack foods and sweets as being for occasional use.
- We embrace the principles of the 'slow food' movement and the rich local food heritage of our community as a reflection of our commitment to teaching interdependence.
- We support our school community by committing to a kitchen garden programme that teaches children food propagation, harvesting and cooking of local organic produce.
- We encourage the celebration of cooking and eating together in community.

## **We encourage the practice of vegetarian food choices:**

Our educational philosophy recognises the interdependent nature of all life. This inspires the principle of non-harm that joins us with a common bond in community. We strive to see all other beings as being worthy of our compassion and equanimity. It is this view that guides our school to adopt the approach of encouraging a vegetarian diet during school attendance.

By supporting the practice of non-harm in food choices at school, we encourage discussion and reflection and the opportunity to consider cultivating compassion at a more expansive level. The Dharma School also extends this policy to its fundraising and kitchen garden programmes.

## **Mindful consumption:**

In line with supporting the development of awareness through contemplative activities and meditation, the School extends the principle of mindfulness and awareness to the consumption of resources, food and energy.

The Dharma School encourages the contemplation of sustainability at an engaged level where children are supported to critically examine and develop awareness of their consumption activities and its affect at both a local and global level.