

FOOD AND NUTRITION POLICY AND PROCEDURES



Policy Summary

The board supports and encourages a healthy eating environment and culture in our school.

Rationale

We consider that healthy food and beverage choices can enhance educational outcomes and that the school has a role in supporting students to develop healthy habits for life.

Purposes

- To help young people find accurate and unbiased information about healthy eating.
- To encourage young people to clarify their own ideas about making healthy eating choices.
- To help young people develop the skills they need to make responsible decisions about healthy eating.
- To help young people understand the factors that influence their food and beverage choices and the possible long-term effects of their choices on their well-being.
- To ensure that only food and beverages that enhance young people's health are sold or served in the early childhood education service or school.
- To provide an environment that encourages and supports healthy eating.

Procedures

In the context of the Curriculum:

- All food and beverages provided or served on the premises will meet the recommendations of the Ministry of Health's Food and Nutrition Guidelines and the Food and Beverage Classification System.
- Teaching and learning in the context of food will meet the criteria outlined in the Ministry of Health's Food and Beverage Classification System.
- Adults will be encouraged to model healthy food and beverage choices.
- Food and nutrition education is an integral part of a comprehensive health education programme.

In the context of the Curriculum:

- School staff will support and promote healthy eating practices.
- Social events will encourage young people to enjoy growing, preparing, sharing and eating healthy food and beverages.
- Water will be the preferred beverage with milk as an additional option.
- Young people will be encouraged to wash their hands before eating and to eat sitting down.
- We will participate in food-related events and initiatives that support healthy eating practices – for example, the Fruit in Schools programme, Health Promoting Schools, 5+ A Day, and the National Heart Foundation's Healthy Heart Award for Schools programme.
- We will use sponsored resources that promote healthy food and beverage options – that is, those in the "every day" and "sometimes" categories of the Ministry of Health's Food and Beverage Classification System.

- Foods and beverages that fit within the “every day” and “sometimes” sections of the Ministry of Health’s Food and Beverage Classification System will be provided or sold on site.
- Food and beverages served or sold at events will fit within the “every day” and “sometimes” sections of the Food and Beverage Classification System.
- Food and beverages will only be given as a reward – not as motivation to complete tasks and follow instructions. However, the primary focus will be on other positive rewards – for example, being allowed to read outdoors, having unstructured time with physical activity equipment, having extra art time, listening to music with a headset while working, or having “free choice” time at the end of the day.
- The school will promote an environment that supports food waste minimisation and foods with lower environmental impacts.
- Our young people will be able to identify, and take action to address, food and nutrition issues in the school.