



FOOD and NUTRITION PROCEDURES

Rationale

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Schools have a responsibility to promote healthy nutritious practices, encouraging staff and the school community to establish and maintain healthy eating patterns.

Purpose

- To establish and ensure the maintenance of healthy eating practices, encouraging students to be responsible for their own health and well-being.
- To ensure that students receive clear and consistent messages about the importance of healthy living.
- To provide a food service that offers food choices that are consistent with the New Zealand Food and Nutrition Guidelines.

Guidelines

- Students will be encouraged to take an increasing responsibility for their own health and well-being through classroom programs. (These include Food Technology units, the Health program and the 5 = A Day program)
- School-wide practices will reinforce and promote healthy eating principles. This includes providing healthy options in any school wide activities that involve the purchase or provision of food, reinforcing the nutritional messages promoted through classroom programs. (eg Shared lunches and fundraising events)
- Students will not be permitted to bring lollies, chocolate bars, fizzy drinks or energy drinks to school for consumption.
- All staff will be encouraged to model healthy eating behaviours.
- Where possible, foods available for school fundraising, at school camps, pet days and sports days will be consistent with these procedures.
- The community will be informed about school wide policies and practices and will be encouraged to promote them at home.