

FOOD AND NUTRITION POLICY

RATIONALE:

- Research indicates an increasing incidence of childhood obesity leading to early onset diabetes and heart disease.
- Children and young people need to establish healthy eating behaviours during their early years so they can lead healthy lifestyles after they leave school.
- Children need to understand the building block of a healthy lifestyle - good food choices, occasional treats and being active.
- Nutrition is fundamental to developing an overall sense of wellbeing.
- Readiness to learn is enhanced when the learners are well nourished.
- There is considerable evidence linking children's nutrition to educational outcomes.

PURPOSE:

- To establish and ensure the maintenance of healthy eating practices.
- To ensure nutrition messages are consistent across the entire school.
- To develop systems that actively promotes the National Food and Nutrition Guidelines.

GUIDELINES:

- We are a "Water only" school, meaning there is no consumption of any other beverages by the students during a normal school day.
- In the best interests of providing a healthy environment any external providers and events will be asked to respect that we practice healthy eating and water only. The exception is "in special events ie school gala".
- Milk to all students is provided by the Fonterra Milk in Schools programme.
- Every child is given the opportunity to have a fruit snack during the morning block of teaching. Fruit will, at times (seasonally) be supplied for those who do not bring their own.
- Food choices available for Friday lunch will align with the Food and Beverage classification system, and will support and reinforce what students learn about nutrition in the classroom.
- Physical activity is recognised as a vital partner to good nutrition practices and as such, will be actively promoted within the school community.
- Students will be encouraged to take responsibility for their own health through classroom programmes.
- Packaged food is discouraged in lunch boxes and information about alternatives is regularly provided to students and their families.
- All staff members will be encouraged to model healthy eating behaviours.
- Gardens are an integral part of our nutrition learning environment, and the produce is used in classroom cooking lessons.
- Fundraising is focused on healthy alternatives where possible.
- Regular healthy eating tips will be broadcast to the local community through variety of mediums.
- Steps will be taken to discourage the consumption of foods high in fat, sugar or salt. Sandwiches/ Buns/Wraps needed in lunch boxes.

Review date: Term 2 2019