

## **HEALTHY FOOD**

### **Rationale**

Food and nutrition education enables students to make informed decisions about food and the choices that will contribute to their own well-being and that of other people and also creates a supportive environment for learning.

### **Purposes**

1. To develop students' attitudes, skills and knowledge which will enable them to make healthy food choices.
2. To provide a variety of nutritious food and drink at a reasonable cost.
3. To actively discourage the consumption of high fat/salt/sugar foods.
4. To encourage parents and students to choose nutritious food for lunch and snacks.
5. To operate the wharehokokai at a reasonable profit for the benefit of students.

### **Guidelines**

1. Parental and student consultation and involvement will be encouraged in policy, practice, promotion, preparation and sale of food.
2. Healthy food and good nutrition will be promoted throughout the school by way of general advertising, newsletters and through health programmes and role modelling by staff.
3. Maintain high standards of hygiene in the storage, handling and preparation of food in a smokefree environment.

### **Implementation**

#### **Promotion**

Discos, hui, noho marae, class lunches, parties, school camps, trips, our school lunch service, mini-galas and other fund-raising events all provide opportunities for students to make healthy food choices.

While soft drinks, sweets and other less wholesome foods may be available on special school occasions, such as mini-galas, an effort will be made to also provide healthy choices.

Healthy food will be available for staff, e.g. fruit option included in morning teas, when the school provides food. Filtered water is supplied for staff.

## **Moderation**

Large packets of biscuits, chippies, cheezels and fizzy drinks are not appropriate learning/energy food and are not permitted at school.

Parents and children will be advised that if these foods are brought to school they will be confiscated by the teacher and may be collected by the student at the end of the day. A healthier substitute e.g. sandwiches or fruit will be available.

School lunch menus will be formatted with healthy options at the top of the list. Lunch choices are structured to provide variety.

## **Parental / Student Involvement**

- Students can assist in the planning of school events including menu selection.
- Student Council will discuss and put forward suggestions on food related issues.