

# Food and nutrition policy

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

We consider that healthy food and beverage choices can enhance educational outcomes.

## **Purpose:**

- To encourage students to clarify their own ideas about making healthy eating choices.
- To help students develop the skills they need to make responsible decisions about healthy eating.
- To ensure that food and beverages sold or served at school benefit students health.
- To provide an environment that encourages and supports healthy eating.
- To engage the community in our health promoting school activity and actions through a parent education programme.

## **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.
- As part of being a Health promoting school, children are not allowed to bring fizzy drinks, lollies, gum or "junk food" (such as chips, twisties etc.) to school. If children do bring these foods to school, teachers should remove the food and return it to the child at home time. The decision as to what constitutes "junk food" lies with the Principal or Deputy Principals.
- On special occasions such as end of year class parties, exceptions to the policy can be made.

## **Also refer to the following procedure:**

- School Canteen Procedure