



FOOD AND NUTRITION POLICY

NAG 5

RATIONALE:

The Board of Trustees 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 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.

GUIDELINES:

- 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.
- There will be consultation with the Deputy Principal and the Canteen contractor to ensure the Canteen is providing, healthy, affordable and enjoyable food.
- Nutrition education will be offered to all students as part of the compulsory Health programme.
- Students will not be permitted to leave the school grounds during the school day to either order or purchase food and beverages.
- Food and beverages will not be delivered to students from any outside commercial providers during the day.

This policy is intended to be consistent with the requirements of the Privacy Act, 1993.

New/Reviewed	Tabled	Adopted	Signed
New	18/6/19	6/8/19	By Kevin de Jong, Board Chairperson