

St Patrick's College, Silverstream

Food and Nutrition (5.17)

POLICY STATEMENT

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

RATIONALE

We consider that healthy food and beverage choices can enhance educational and sporting outcomes. Establishing good eating habits for staff and students are important for present and future performance both academic and sporting as well as good health.

PURPOSE

- To help students find accurate and unbiased information about healthy eating.
- To help students understand the factors that influences their food and beverage choices and the short and long-term effects of these choices on their well being.
- To ensure that the majority of food and beverages that are provided and sold at the school are healthy and favorably priced to encourage purchase.
- To provide an environment that encourages and supports healthy eating.

ACTIONS

- All food and beverages provided or served on the school premises will meet the recommendations of the Ministry of Health's Food and Nutrition Guidelines and Food and Beverage Classification System. This includes selling a variety of fresh food and presenting all food attractively.
- High standards of hygiene will be maintained at all times in the School Tuckshop and all kitchen and dining areas. They will also be all 'Smoke-free' environments.
- Food and Nutrition education is an integral part of the comprehensive health education programme for all year 9 students. and available as options for subsequent year groups. Teaching and learning about food and nutrition is based on Health and Physical Education in the NZ Curriculum, the Ministry of Health Food & Beverage Classification System. and the Food and Nutrition Guidelines for healthy Teenagers.
- Staff will be encouraged to model healthy food and beverage choices.

PROCEDURES

- All food service personnel, teachers, nurses, coaches, and other school administrative and support staff will support, promote and role model healthy eating practices.

- Social and fundraising events will encourage young people to enjoy sharing and eating healthy food and beverages.
- Ministry of Health's Food and Beverage Classification System - Those foods that fit into the "everyday" and "sometimes" will be provided and sold on site. Foods that fit into the "occasional" category will be just that, occasional. Boarders will also be served the majority of their food that fit into the "everyday and sometimes" category also with occasional foods being occasionally served.
- Students will be able to identify and take action to address food and nutrition issues in the school.

Additional factors to consider in the above procedures section

Nutritional supplements for sporting performance or other proposed health gains cannot be sold by teaching, coaching or any other school staff/personnel to school students either on or off school premises.

Food and Beverages sold at **internal** events e.g. Sports events, will fit within the "everyday and sometimes" sections of the Food and Beverage Classification System. When the school has an influence over the food sold the school will apply this policy.

Food & beverages will not be given as a reward by staff unless the food fits into the "everyday and sometimes" sections of the Food and Beverage Classification System. If an occasional food is to be used it must be limited to once or twice a term.

For food-related events and initiatives the school will participate in those only that support healthy eating practices e.g. Heart Foundations School Food Programme and 5 + a day.

We will use only those sponsored resources that promote healthy food and beverage options, that is those that fit into the "everyday and sometimes" categories of the Ministry of Health's Food and Beverage Classification System.

Date:

Policy Review date: 2009

Signature: