

# Nutrition Policy

## Sample A



### Rationale

To create a school environment that promotes healthy eating - to enhance health, educational outcomes and empower students to make nutritious and enjoyable food choices for a lifetime.

### Goals

- To give students the skills and knowledge to develop healthy eating habits.
- To ensure nutrition messages are consistent across the entire school.
- To create an environment where water and plain milk are the only drinks available to students whilst at school.
- To promote healthy eating and physical activity to students and their whanau.

### Strategies

- Students are encouraged to take responsibility for their own health through classroom nutrition education sessions.
- All staff members are encouraged to model healthy eating behaviours.
- Nutrition related professional development for teachers is encouraged annually.
- Food and drinks provided by the school canteen (and vending machines) will fit within the healthy 'everyday' and 'sometimes' categories of the Ministry of Health's Food and Beverage Classification System.
- Students will not be permitted to leave school grounds during the school day to purchase food or beverages.
- Plain water and milk are the only beverages available to students at school.
- Children are encouraged to drink water throughout the day, including in class.
- Food and drinks provided at school events (including class rewards, parties, camps, sports days, staff meetings, fundraising) will be consistent with this policy.
- School sports teams will be encouraged to use water as the only source of hydration, and healthy snacks to refuel.
- Any sponsorship provided by companies will align with this policy.
- Nutrition information is available for parents/whanau on the school website, through healthy snippets in the school newsletter or through posters displayed at school.
- Physical activity is recognised as a vital partner to good nutrition practices and will be actively promoted within the school community.

Date: \_\_\_\_\_

Review Date: \_\_\_\_\_

Signature: \_\_\_\_\_