



# RANGIORA NEW LIFE SCHOOL FOOD AND NUTRITION POLICY/PROCEDURE

## Important aspects that contribute to creating a healthy school.

These include:

- Establishment of a canteen that supports and reinforces school nutrition
- Recognition of the significance of settings and situations that convey food and nutrition messages that are in addition to classroom lessons and the local food service – fundraising, camps, sports days, assemblies in school etc.
- Development of consistent messages about healthy eating throughout the school.

## Rationale

Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth and lifelong health and well-being. Schools have a responsibility to help students and staff establish and maintain healthy eating patterns. Our canteen must provide healthy and nutritious choices.

## Purpose

- To encourage students to be responsible for making good decisions about their diet.
- To encourage students to be responsible for their own health.
- To ensure that students receive clear consistent messages about the importance of healthy eating.

## School Strategies

- Rangiora New Life School does not serve fizzy drinks in the school canteen.
- Staff decided that chocolate bars would not be sold in the canteen.
- That most food sold in the canteen should be of a high nutritional value and comply with the Heart Foundation.
- Students are allowed to take water bottles into classes, but it must contain water.
- For prizes and rewards, staff are being encouraged to use “healthy” options e.g. nut bars, muesli bars, etc.
- Hot water is available free through either the canteen or staff room for packets of soup mixes, noodles, etc.

## Student Strategies

Students will be encouraged to:

- take responsibility for their own health and eating.
- increase and vary their healthy food options and promote foods that are low in fat, sugar and salt.
- Recognise the positive influence that staff can have as role models for healthy eating.

School Principal