

## PROCEDURE – FOOD & NUTRITION

Pinehaven School recognises the importance of providing students with accurate and unbiased information around healthy eating and help to develop skills in this area. This procedure aims to allow our school to provide an environment that encourages and supports healthy eating through the food and beverages provided, fundraising activities, curriculum work, adult role modelling and information provided to parents.

### Procedures

1. Adults within the school will be encouraged to model healthy food and beverage choices.
2. With the exception of special events, only water or unsweetened milk products will be provided as beverages, and parents are asked to follow this in the drinks brought to school from home.
3. Children are encouraged to have a drink of water in the classroom at all times.
4. Cooking produce from class gardens is encouraged and an integral part of the classroom programme.
5. Where appropriate class programmes will reflect the school's emphasis on healthy eating, and include elements around growing, and cooking our own food.
6. Sweets are not encouraged to be used as rewards. It is acknowledged that at times, teachers may treat their class with a sweet treat (e.g. Easter or at the end of the year).
7. High sugar foods are not to be given as regular class rewards for behaviour. Alternative rewards may include being allowed to read outdoors, having unstructured time with physical activity equipment, having additional art time, listening to music with a headset while working, or having 'free choice' for a short period of time.
8. Information will periodically be sent to families around healthy options for lunchboxes, shared lunches and birthday celebrations, via information packs newsletters, and hand-outs.
9. The provision of lollies and chocolate bars in lunchboxes is strongly discouraged. Staff will endeavour to follow up with families who are providing such inappropriate lunchbox treats.
10. Packaged products (often highly processed) are not encouraged in lunchboxes, due to the lack of nutritional value and the negative impacts on the environment.
11. Some of our families like to provide treats for the class when their child has a birthday. While we allow this, we do not encourage the inclusion of high sugar foods. High sugar foods should be limited and if possible, replaced with fruit, healthy treats, or items such as stickers.
12. Shared Lunches are seen as a learning opportunity where children can learn about menu balance and difference within families/cultures. It is also an opportunity for children to learn about food allergies. Occasional foods are often a default option for shared lunches, so children will be encouraged to consider a range of foods. This is also an opportunity for children to bring foods from various cultures.
13. When working with children who have food allergies, the school takes the approach that the children need to learn to manage their allergies in everyday life situations. We support them in learning and managing this, however do not ban foods as a result of allergies. Depending on the severity of the allergy, it may be appropriate for a teacher to request that parents avoid certain items for shared lunches.
14. Where possible, food allergies and specific dietary requirements will be catered for as part of school functions.
15. Where possible, school functions should provide "everyday" and "sometimes" foods on the Food and Beverage Classification System. Organisers are encouraged to provide a balance of foods and avoid overuse of "occasional" foods.
16. When planning fundraising events, the Fundraising Committee are encouraged to consider the Food and Beverage Classification System, particularly when these are regular events.
17. Social events will encourage young people to enjoy sharing and eating healthy food and beverages.
18. Each term, kai is provided after our pōwhiri. Fruit will be included in this provision for the children.
19. Sponsors used by the school will primarily be from agencies promoting healthy food and beverage options (e.g. from the "everyday" and "sometimes" categories of the Ministry of Health's Food and Beverage Classification System). It is acknowledged that there may be times when the benefits of the sponsorship may be considered to outweigh the health benefits, in which case decisions will be made on a case-by-case basis.

These procedures have been developed to encourage a healthy eating environment and culture in our school. It should be read in conjunction with the following documents:

1. Ministry of Health's Food and Nutrition Guidelines
2. Food and Beverage Classification System: User Guide for Schools Years 1-13  
<https://weightmanagement.hiirc.org.nz/assets/legacy/files/FB%20Classification/heha-user-guide-years1-13.pdf>

	Description & Examples
<p><b>Everyday foods</b> are the healthiest choices. Most of the food provided in schools should be everyday items. Encourage and promote everyday foods and drinks.</p>	<p>The healthiest choices because, in general, they:</p> <ul style="list-style-type: none"> <li>• are rich sources of nutrients, including vitamins and minerals</li> <li>• contain less saturated fat and/or salt and/or added sugar</li> <li>• help to prevent children and young people from consuming too many kilojoules (energy).</li> </ul> <p>Examples include vegetables and fruit, breads, cereals, rice, pasta and noodles, milk and milk products (yoghurt, cheese), lean meat, fish, poultry, eggs, dried peas, beans and lentils.</p> <p>Water is the best drink</p>
<p><b>Sometimes foods and drinks</b> are mostly processed foods with some added fat and/or salt and/or sugar.</p>	<p>Although sometimes foods are sources of nutrients, including vitamins and minerals, they should be restricted because, in general, they:</p> <ul style="list-style-type: none"> <li>• contain moderate levels of saturated fat and/or salt and/or added sugar</li> <li>• can contribute to an intake of too many kilojoules (energy).</li> </ul> <p>These foods can contribute to a healthy diet but should not dominate the menu at the expense of healthier everyday food choices. A menu that contains mostly sometimes foods can provide students with too many kilojoules (energy). You can limit these foods by selling smaller package sizes and serving smaller portions.</p>
<p><b>Occasional foods and drinks</b> are high in saturated fat and/or salt and/or added sugar.</p>	<p>Occasional foods should not be provided because, in general, they:</p> <ul style="list-style-type: none"> <li>• are low in vitamins and minerals and provide minimal nutritional value</li> <li>• contain significant levels of saturated fat and/or salt and/or sugar</li> <li>• usually contribute excess kilojoules (energy).</li> </ul> <p>Examples include confectionery, deep-fried foods (for example, chips, deep-fried fish), full-sugar and artificially sweetened energy drinks, full-sugar carbonated beverages (soft drinks, fizzy drinks), any beverages labelled 'not recommended for children'.</p>

This procedure has been reviewed in line with self-review guidelines.

Signed:

 Principal

Date:

19/3/19