

FOOD AND NUTRITION

RATIONALE

Healthy, nutritious practices create a foundation for future achievement and a healthy lifestyle.

PURPOSE

- To teach and maintain healthy eating practices throughout the school.
- To actively promote the guidelines in Food and Nutrition for Healthy, Confident Kids.

GUIDELINES

1. Classroom programmes will encourage students to take responsibility for their own health.
2. Staff members will be encouraged to model healthy eating behaviours.
3. Food choices made available at school will be based on the Food and Beverage Classification System and will support and reinforce what students learn about nutrition in the classroom.
4. The Health Promoting Schools team will consult with stakeholders before making significant changes to the lunch menu.
5. Food Hygiene Regulations will be followed.

CONCLUSION

Aorangi School acknowledges that students and staff who follow healthy, nutritious practices will create a foundation for future achievement and a healthy lifestyle.

Approved

Board of Trustees Meeting

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Signature of Chairperson

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Signature of Principal

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