

FOOD AND NUTRITION POLICY

NAG 5

RATIONALE:

Long Bay College recognises the importance of providing a healthy and safe environment in order to achieve our mission statement. Knowledge of the connection between health and the ability to learn is well established. In particular, the effects certain foods have on concentration and behaviour are well documented. This Food and Nutrition Policy will also support the College's Environmental and Health and Safety policies and work towards providing a facility that meets the Ministry of Education's guidelines for Creating Healthy Schools (2007).

PURPOSE:

- To establish and ensure the promotion and maintenance of healthy eating practices.
- To provide a food service that offers food choices that are consistent with the New Zealand Food and Nutrition Guidelines.
- To provide healthy foods that are value for money.

GUIDELINES:

- The Canteen contractor will provide food that meets the Food and Beverage Classification System for Years 1 – 13 developed by the Ministry of Health (2007). (See attached sheet.)
- Food and beverages sold or served at school events or as part of fundraising will be consistent with the above classification system and are to be approved by the Principal.
- There will be consultation with the Deputy Principal and the Canteen contractor regularly to ensure the Canteen is providing healthy, affordable and enjoyable food.
- Nutrition education will be offered to all students as part of the compulsory Health programme.
- Students will not be permitted to leave the school grounds during the school day to either order or purchase food and beverages.
- Food and beverages will not be delivered to students from any outside commercial providers during the day.

This policy is intended to be consistent with the requirements of the Privacy Act, 1993.

New/Reviewed	Tabled	Adopted	Signed
Draft tabled at Board of Trustees Meeting	2/3/04	3/8/04	By Andrew Stewart, Board Chairperson
Under Review 7/06	Community consulted in Term 3 Newsletter	5/12/06	By Andrew Stewart, Board Chairperson
Under Review July 2007	2/9/08	7/10/08	By Richard Griffin, Board Chairperson
Under Review 12/10/10	2/11/10	7/12/10	By Rob Gosling, Board Chairperson
Under Review 19/2/13	5/3/13	9/4/13	By Robyn van der Sande, Board Chairperson
Under Review 12/4/16	24/5/16	14/6/16	By Robyn van der Sande, Board Chairperson