



FOOD AND NUTRITION

Rationale:

NAG 5 requires the school to promote healthy food and nutrition for all.

Purpose:

The purpose of this policy is to support NAG 5 by:

1. Encouraging students and staff to be responsible for their own health.
2. Encouraging students and staff to eat nutritious food and question their own food choices.
3. To ensure healthy, nutritious food choices are available at school functions, events and through the school canteen.

Scope:

This policy applies to all staff, students and on-site catering contracts.

Guidelines:

1. High standards of hygiene will be maintained at all times when food is prepared for school events or for resale at school events and venues.
2. A variety of foods will be provided, including vegetarian food and foods that are low in fat, sugar and salt. Water will be the only beverage sold in the school.
3. Costs of healthy foods will be kept as low as possible, consistent with the need to cover costs.
4. The purchasing and pricing of canteen goods will be the responsibility of the canteen manager, in consultation with the Business/Financial Manager and Principal when appropriate.
5. Where possible, the school Food and Nutrition Policy will be integrated into the school health programme.
6. The canteen will be encouraged to gain Heart Foundation Awards.
7. Where possible, foods available for school fundraising, at school camps, festivals and sports days will be consistent with this policy.

References or Sources:

1. National Administration Guideline 5
2. Ministry of Health



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Review Details:

Review Date	Reviewed by
Oct 2022	SMK
Review cycle: 3 years	Due date for Review: Oct 2025

Management Contact:

- Health & Safety Officer