



HEALTHY FOOD POLICY

NAG 5

RATIONALE:

Papatoetoe Central School seeks to encourage students and staff to eat healthy foods while at school.

PURPOSES:

1. To provide good, healthy food at a reasonable cost.
2. To provide learning situations that foster good nutrition habits.
3. To provide our students with clear guidelines for appropriate food choices
4. To continue to raise funds for the school by functioning efficiently and operating profitably.

GUIDELINE:

1. Food to be served in a clean, hygienic and healthy smoke-free environment.
2. Food choice will be provided that meets nutrition guidelines and allows for alternatives to foods high in fat and sugar.
3. Students are discouraged from bringing sweets and drinks to school that are high in sugars. Chewing gum, gum based sweets and high energy drinks are not to be brought to school.
4. Food sold through our lunch scheme will have the endorsement of the National Heart Foundation

CONCLUSION:

All reasonable efforts will be made by staff and parents to encourage an awareness and consumption of a balanced healthy diet.

Signed _____

Chairperson - Board of Trustees

*Approved: 9 February 04
Reviewed: 20 June 16*