

NAG 5–Health and Safety

Healthy Foods and Beverages Policy

Rationale

Northern Health School promotes the consumption of healthy foods and beverage, and healthy eating habits as part of its commitment to improving the wellbeing of students, staff and the wider school community.

Educating the school community about nutrition and encouraging healthy active learning enables students to achieve their academic and physical potential.

Purpose

- a) To promote and provide access to nutritious food choices that are consistent with national food and beverage guidelines, including Ministry of Health and Ministry of Education “Healthy Food and Drink Guidance-Schools”.
- b) To support the school community to develop healthy food and drink preferences.
- c) To educate and expand knowledge of the school community on how to make positive choices about food and drinks.

Guidelines

- a) All NHS sites will provide access to safe drinking water, as the preferred drink option for students.
- b) Healthy eating and nutrition education is incorporated into student wellbeing, and across the curriculum, including health programmes.
- c) NHS will ensure that all food and drinks provided by the school aligns with food and nutrition guidelines and/or local policies. This includes food for special occasions and celebrations, food provided to the school by external suppliers, or gifts of food and drink to students.
- d) Staff members are encouraged to model healthy food choices, and healthy eating behaviours with the food they consume at school.
- e) The cultural diversity of the school community and the broad range of student health needs and dietary requirements (including allergies and intolerances) are acknowledged and considered when promoting healthy eating messages and any foods that are provided by the school.
- f) Students, staff, and the school community are encouraged to consume healthy foods, including whole foods, seasonal fruit and vegetables, grains and protein rich food sources.
- g) NHS discourages consumption of unhealthy foods, including those that are high in saturated fat, sodium, sugar and highly processed.
- h) Food safety practices will be adhered to where any food is prepared or provided by the school.
- i) This policy and messaging around healthy food are clearly communicated to the school community.

Adopted _____ December 2022

Presiding Member _____

Review Date _____ December 2025