



Food and Nutrition *Policy*

Rationale

The food we eat can have a major effect on our health, physical well-being and ability to learn. Proper and adequate nutrition is linked to educational outcomes and health throughout life.

Purposes

- To support the teaching of the nutrition and physical activity for health and education at Taupiri School.
- To develop a school environment that supports healthy eating and physical activity.
- To monitor the type of food children are bringing and buying to consume at school.
- To ensure no children go hungry at school so all students have equal 'opportunity to learn'

Guidelines for Taupiri Primary School

- Food and drink brought to school by children should not include food or drinks that are high in sugar, salt or fat content; this includes food from fast food outlets as well as big bags of chips, large pies, jelly crystals, instant noodles, fizzy drinks and energy drinks, chocolate bars, lollies, etc
- Lunchbox guidelines and this nutrition Policy are provided to parents/caregivers/whanau at enrolment
- Drinking water and milk is available for all students and staff
- Children who attend school without breakfast or lunch will be provided with a healthy meal provided by the school (sponsored by Breakfast in Schools/KidsCan). If this continues to be a regular event, the child's family will be contacted
- Provide whanau / caregiver / parent access to SWIS help when issues arise around supporting children with the Food and Nutrition: Healthy Eating Procedure at Taupiri Primary School

Principal: Judith Gribble

Board Chairperson:

Review Date: April 2020