



Yendarra Primary School

POLICY

FOOD AND NUTRITION

RATIONALE

Healthy food makes for healthy bodies and minds. Yendarra School recognises that we need to provide a healthy and safe environment. We acknowledge that tamariki and staff who follow healthy, nutritious practices will create a foundation for future achievement.

OBJECTIVES

1. To establish and ensure the maintenance of healthy eating practices
2. To develop systems that actively promote the National Food and Nutrition Guidelines
3. To apply methods to support healthy nutrition that are consistent across the entire school
4. Provide education for the wider school community

GUIDELINES

1. Yendarra is proud to be a 'water only' school – cordial, coloured and/or fizzy drinks are not permitted
2. Taura will be encouraged to take responsibility for their own health through classroom programmes
3. Staff are expected to model healthy eating behaviours
4. Food choices will support and reinforce what taura learn about nutrition in the classroom
5. Steps will be taken to discourage the consumption of foods high in fat, sugar and salt
6. Units of work will reflect community and taura needs
7. Each trip or event notices will advise parents to provide healthy kai options
8. Parents will be notified through newsletters and notices about our ZERO tolerance to unhealthy food brought into school.
9. Kai will be prepared in our wharekai with appropriate food safety practices taught and adhered to.
10. Taura will not be permitted to leave the school grounds during the day to purchase food or beverages
11. Staff morning tea and shared lunches will model healthier eating options