

### 3.11

## Nutrition Policy

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### Rationale

The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, physical and mental growth, and lifelong health and well-being.

Ruapehu College has a responsibility to help students and staff establish and maintain lifelong, healthy eating patterns.

Well-planned and well-implemented school nutrition programmes have been shown to positively influence students' eating habits.

### Purpose

- To develop and implement a healthy eating policy based on the Ministry of Health's "Healthy food and drink guidance for schools" (2019).
- To promote healthy eating choices to our students and staff.
- To provide opportunity for those in the school community to have an input into nutrition issues.

### Guidelines

The canteen operator provides food that meets the food and beverage classification system (Green, Amber, Red ) for Years 1-13 developed by the Ministry of Health (2007, redeveloped 2019)

The principles of this Guidance are as follows.

- Offer a variety of healthy foods from the four food groups:
  - plenty of vegetables and fruit
  - grain foods, mostly wholegrain and naturally high in fibre
  - some milk and milk products, mostly low and reduced fat
  - some legumes, nuts, seeds, fish/other seafood, eggs, poultry (eg, chicken) and/or red meat with fat removed.
- Food should be prepared with or contain minimal saturated fat, salt (sodium) and added sugar, and should be mostly whole or less commercially processed.  
This means:
  - oods containing moderate amounts of saturated fat, salt and/or added sugar may be available in small portions (eg, some baked goods)
  - no deep-fried foods
  - no confectionery (eg, sweets and chocolate).
- Offer only water and unflavoured milk as cold drink options.  
This means:
  - no sugar-sweetened drinks
  - no drinks containing 'intense' (artificial) sweeteners

- no fruit or vegetable juices (including 100 percent juice, no-added-sugar varieties).
- The principal will delegate responsibility to a number of staff to liaise with the canteen operator.
- Any food sold for school fundraising on school grounds is to be approved by a member of the senior leadership team and is to meet the food and beverage classification system for years 1-13.
- Regular consultation occurs with staff and students to ensure the canteens are providing healthy, affordable and enjoyable food.
- Nutrition education is offered to all students as part of the compulsory health programme and in the year 9 food technology course.
- Relevant HODs will ensure that the nutrition education programme is relevant, up to date and supported by the necessary professional development.
- From term one 2021 the Canteen provides healthy school lunches to all students each day, the guidelines for nutritional standards are set out in the document produced by the Ministry of health in conjunction with the ministry of Education.

Supporting documents available to read are:

<https://www.education.govt.nz/our-work/overall-strategies-and-policies/wellbeing-in-education/free-and-healthy-school-lunches/>

[https://consult.health.govt.nz/nutrition-and-physical-activity/healthy-food-and-drink-guidance-survey/supporting\\_documents/Healthy%20Food%20and%20Drink%20Guidance%20%20Schools.pdf](https://consult.health.govt.nz/nutrition-and-physical-activity/healthy-food-and-drink-guidance-survey/supporting_documents/Healthy%20Food%20and%20Drink%20Guidance%20%20Schools.pdf)

## **Review**

This policy will be reviewed in accordance with the Board's regular policy review process.

## **Ratified by Ruapehu College Board of Trustees**

Chairperson: Elijah Pue



Signed: \_\_\_\_\_ Date: 21.02.21

Date for policy review: February, 2024