

Procedures: Food and Nutrition

Rational:

Healthy eating patterns are essential for students to achieve their full potential lifelong health and well-being. Cashmere High School has a responsibility to help students and staff establish and maintain healthy eating patterns.

Purpose:

- To offer varied and nutritious food choices that are consistent with the National Food and Nutrition Guidelines.
- To co-ordinate classroom nutrition lessons with other components of the school health programme as well as the school canteen.
- To support healthy nutrition practices consistently across the school.

Strategies:

- Appropriate food safety practices will be in place.
- Students will be encouraged to take responsibility for their own health through classroom programmes.
- Food and beverages sold or served on school grounds or at sports or social events shall reflect the aims of the school food and nutrition guidelines. This could include the school canteen, fundraising items, classroom rewards, school camp meals, school festivals and celebrations, school sports days, staff functions or lunches.
- School will endeavour to provide safe and hygienic water fountains.
- Food choices available in the school canteen will be based on the Health Foundation's recommendations and will reinforce classroom food and nutrition lessons e.g.:
 - foods low in fat, sugar and salt
 - having fruit and vegetables
 - milk and milk products
 - bread and cereal products
 - meat and alternatives e.g. nuts, seeds, eggs, tofu
 - less processed foods and snacks
 - water and appropriate drinks