

# **BROWN BAY SCHOOL**

## *POLICY*

**SUBJECT:** Food Safety and Nutrition

**AREA:** Community

### **RATIONALE:**

At Browns Bay School, we promote a healthy lifestyle to our community – students, staff and families – as part of our commitment to a safe school environment.

### **PURPOSE:**

1. To encourage and enable students, families and staff to take responsibility for their own nutrition.
2. To provide an environment that encourages and supports healthy eating.
3. To develop consistent systems across the school to support healthy food choices and safe food handling.

### **GUIDELINES:**

1. The school makes a commitment to meet the recommendations of the Food and Beverage Classification System for Years 1 – 13 (Ministry of Health 2007).
2. Only those foods and beverages that fit within the “every day” and “sometimes” sections of the Food and Beverage Classification System for Years 1 – 13 (Ministry of Health 2007). will be provided or sold on site, for example, in the tuck shop, canteen, or vending machines.
3. The school will encourage healthy food and beverage choices by requesting:
  - Students not to bring lollies, sugar sweetened beverages (including but not limited to soft drinks, juice, flavoured milk and energy drinks to school).
  - Parents not to send food to school for other students to celebrate their own birthday.
  - Water be the preferred beverage.
  - Food and beverages not be given as a reward.
  - Heart Tick approved food.
4. Shared lunches or special events involving food may be held at the discretion of the teaching staff. Staff must consider the special dietary requirements of individual students including allergies and intolerances. These events will encourage students to enjoy sharing and eating healthy food and beverages
5. The school will remain sensitive to family / whanau cultural beliefs and practices around food.

6. In the case of students with severe allergies to foods (such as nuts) an individual safety plan will be developed in collaboration with health professionals, staff and the family. This plan may include a request to parents to limit types of food allowed into a classroom.
7. Teachers will use incidental opportunities to encourage healthy food choices, in addition to teaching nutrition and healthy eating as directed in the curriculum.
8. Fundraising initiatives involving food and beverages such as chocolate sales and sausage sizzles require approval from the Principal.
9. Safe hygiene practices will be used in the school canteen and during school events.
10. We will participate only in food-related events and initiatives that support healthy eating practices, for example, the Fruit in Schools programme, Health Promoting Schools, 5+ A Day, and the National Heart Foundation's Healthy Heart Award for Schools programme (formerly known as the School Food Programme).

JULY 2017