



TE AWAMUTU COLLEGE



POLICY STATEMENT ON FOOD AND NUTRITION

Rationale

Te Awamutu College realises that in order for students to reach their potential, we need to provide a healthy and safe environment. Included in this is the responsibility to create an environment that supports students in establishing and following healthy eating and nutritious practices that will benefit their learning and hauora (well being).

Purpose

1. To promote the opportunity for healthy eating practices.
2. To offer varied and nutritious food choices that actively promote the National Food and Nutrition guidelines for adolescents.
3. To co-ordinate the nutrition curriculum through Health and Food Technology classes.

Guidelines

1. Students will be encouraged to ensure that they have breakfast before leaving for school. They will be encouraged to bring a packed healthy lunch and snacks from home each day or use the College Canteen to purchase healthy options.
2. There will be clear and consistent messages about healthy foods and beverages so that students are encouraged to make healthy eating choices. This will be done through the curriculum areas of Health and Food Technology.
3. The College Canteen will provide foods low in salt, sugar and fats. Fruit and milk products will be available at all times. The Canteen menu will be planned with input from appropriate staff and students. Resources and guidelines from the Ministries of Education and Health will be used to assist with this.
4. Health Committee (staff and students) exists to promote health-awareness events, e.g. Smokefree Week, "Push Play" activities, Water Week and will give input regarding Canteen operation and menu.
5. Students will be encouraged to drink plain water as the beverage of choice. Filtered water fountains will be made accessible to students.

CHAIRPERSON

DATE

2/7/24

PRINCIPAL

DATE

2/7/24

1 July 2024