



## **1.7 FOOD & NUTRITION**

<b>Approved by:</b> Board of Trustees	<b>Date effective:</b> Jan 2017
<b>Contact:</b> Deputy Headmaster	<b>Review date:</b> Jan 2020
<b>Group:</b> Leadership Team	<b>Reviewed by:</b> H &S Comm, Leadership Team

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### **Policy Statement:**

Nelson College will provide a healthy and safe environment and acknowledges that good nutrition and eating practices creates a foundation for potential student achievement and a healthier lifestyle.

### **Policy Rationale:**

The College needs to establish and ensure the maintenance of healthy eating practices. Systems need to be developed that actively promote the National Food and Nutrition Guidelines with processes in place that support healthy nutrition and that are reinforced across the entire school.

### **Guidelines:**

- Students will be encouraged to take responsibility for their own health through classroom programmes, and in particular the Health Programme.
- Food choices made available in the school canteen will be based on Heart Foundation recommendations and will support and reinforce what students learn about nutrition in the classroom.
- Canteen contractors will consult with the Catering Manager & Leadership Team before making changes to the lunch menu.
- Fruit and milk products will be available at all times.
- Steps will be taken to discourage the consumption of food high in fat, sugar or salt.
- Food will be prepared in a smokefree environment.
- Appropriate food safety practices will be in place.
- Staff members are encouraged to promote healthy eating behaviours.

### **Terms :**

**Staff :** includes all school personnel both teaching and non-teaching.