



HEALTHY FOOD POLICY

Rationale

Fairfield School aims to encourage the adoption of healthy eating habits to enable students to achieve to their academic and physical potential.

Purpose

- To develop students' lifelong healthy eating habits.
- To provide consistency between nutritional education and the school environment.
- To enrich and expand knowledge of students, staff and parents/caregivers, about healthy food, nutrition and lunchbox choices.
- To offer nutritious food choices which are consistent with Ministry of Health Guidelines, and the Heart Foundation's "School Food" programme.

Guidelines

- The School will seek to maintain a "Health Promoting Schools" Committee, whose mandate will include promotion of healthy eating, through the provision of educational and supportive information.
- The school will offer varied, healthy lunch order options.
- Foods available for fundraising, camps, festivals and sports days will be consistent with this policy, where reasonably possible.
- Teachers will be encouraged to role model healthy eating behaviour.
- Rewards and treats to students shall be consistent with this policy.
- Food safety practices will be adhered to where any food is prepared or provided by the school.
- The following foods are not consistent with this policy.
 - Energy drinks
 - Fizzy drinks
 - Sweets
- The following foods should be limited in frequency:
 - Potato chips, Twisties, Munchos, Cheezels, Burger Rings, Cheese Balls