

## HOKOWHITU SCHOOL HEALTHY FOOD AND DRINK POLICY

### PURPOSE

Hokowhitu School Board will support a school environment that encourages a culture of healthy eating.

### GUIDELINES

1. Healthy eating is defined using the Ministry of Health's healthy food and drink guidance for schools.
  - a. "Green" items are a good source of nutrition; are generally lower in saturated fat, salt and added sugar; are mostly whole and less processed; and have a health star rating above 3.5.
  - b. "Amber" items are not part of an everyday diet; may have some nutritional value; are often more processed; and have a health star rating around 3.5.
  - c. "Red" items have poor nutritional value; are high in saturated fat, salt, and/or added sugars; are often highly processed; and have a health star rating lower than 3.5.
2. Hokowhitu School will encourage a culture where healthy foods and drinks are the easy choice, with an emphasis on restricting and minimising "Red" food and drink items in everyday situations.
3. Hokowhitu School encourages children and teachers to consume food and drink at school that meet the "Green" criteria from Guideline 1.
  - a. Children are asked and encouraged to bring only water to school to drink.
  - b. The school supplies fresh drinking water through maintained drinking fountains.
  - c. Children are encouraged to bring healthy snacks to the classroom for morning tea, e.g., brainfood breaks, if applicable.
  - d. The school may request that students and staff in particular kete restrict the food items they bring to school to minimise risk for individuals with severe food allergies.
4. Classroom activities involving food or cooking should be in line with the key competencies of the New Zealand Curriculum, including the importance of developing the competencies in social and community contexts, and will reflect an awareness of the classification of food and drink items in Guideline 1.
  - a. If food is used as a reward, teachers should consider the kind of food they are offering, and the frequency with which it is offered.
  - b. If classroom celebrations involve food, parental consent should be sought wherever possible, and the frequency of celebrations should be considered in light of the principles outlined in this policy.
  - c. Where food is introduced into the classroom as part of an educational experience, all reasonable care should be taken to minimise the risk to students known to have food allergies.
  - d. The school will participate in food-related events and initiatives that support healthy eating practices.
  - e. The planning of food for EOTC overnight trips must also take account of the principles outlined in this policy.
5. All school fundraising activities, sales schemes, and community events involving food and drink should be considered in terms of this policy, including decisions as to the appropriateness and frequency of the items being sold.

- a. Water will be the only drink made available to children at such events.
  - b. Additional factors such as parental consent and community norms will also be taken into account.
6. Cultural requirements for food selection, preparation, and serving will be considered when implementing this policy.
- a. Cultural requirements will also be considered when planning the supply of food for EOTC overnight trips.
  - b. Families are encouraged to inform the school if their child is taking part in fasting as a cultural practice.

#### **ASSOCIATED POLICIES/PROCEDURES/HANDBOOKS**

##### Legislation

- The New Zealand Curriculum

##### Guidelines

- [Healthy Food and Drink Guidance – Schools](#) (Ministry of Health)

##### School Policies, Procedures, and Other Documents

- Curriculum Delivery Policy
- Anti-Discrimination Policy
- Teaching and Learning Handbook

**Ratification date:** 30 October 2024

**Review date:** Term 4 (October-December) 2027

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**Presiding Member**

**Principal**