

## Food and Nutrition

At Ngutunui Enviro School, we promote a healthy lifestyle to our community – students, staff, and families – as part of our commitment to a safe school environment and to the National Administration Guidelines.

Educating students about nutrition and encouraging healthy eating habits contributes to their personal success and wellbeing, and to a healthier community for everyone.

### Promoting healthy food and drink choices

Healthy food and drink choices are important to establish in childhood to support a young person's immediate physical and mental growth and development, and to set behaviours for the future. We encourage and educate our students to be responsible for their own health and to follow [food safety](#) guidelines.

We deliver clear and consistent messages about [nutrition](#) by:

- ensuring that any food or drink provided by/through school (e.g. in class or at the school canteen or vending machine) follows national food and [nutrition](#) guidelines, such as the [everyday, sometimes, and occasional foods categories](#)
- incorporating [nutrition](#) education across the curriculum, including the health programme
- providing water as the only drink option for students
- encouraging staff members to model healthy food and drink choices and behaviours
- communicating our [nutrition](#) messages to the wider school community in various ways, including the newsletter
- acknowledging the cultural diversity of our community with our [nutrition](#) messages and food provided or sold at school
- considering our [nutrition](#) messages when deciding on class rewards and celebrations, student prizes, fundraising activities, and school camp menus
- actively promoting physical activity as the partner of good [nutrition](#)
- encouraging students taking part in physical activity (e.g. school sports teams, athletics groups) to drink water for hydration and to refuel with healthy snacks.

Our enrolment pack contains our [nutrition](#) message and tips for healthy lunches.

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### Resources

- Ministry of Education: [National Administration Guidelines](#)
- TKI: [Healthy Lifestyles](#)
- Ministry of Education: [Why promote healthy lifestyles?](#)
- Ministry of Health: [Nutrition](#)
- Heart Foundation: [Learn by Heart](#)

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Last [scheduled review](#)

Last [internal review](#) Term 2 2019

[Topic type](#) Generic - can be tailored