



MARIST CATHOLIC SCHOOL

PROCEDURE: **Food & Nutrition**

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

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

Our school follows food safety guidelines.

Promoting a healthy food and drink environment

A healthy food and drink environment helps support a young person's wellbeing (hauora), including their immediate physical and mental growth and development. It also helps establish positive behaviours for the future.

At Marist Catholic School, we:

- ensure that any food or drink provided by/through school (e.g. in class or sold at school aligns with any national food and nutrition guidelines, such as the Ministry of Health's Healthy Food and Drink Guidance – Schools)
- incorporate nutrition education across the curriculum, including the health programme
- encourage staff members to model healthy food and drink choices
- communicate our nutrition messages to the wider school community clearly and consistently in various ways
- acknowledge the diversity of our community and consider those with special dietary needs (including allergies and intolerances) with our nutrition messages and food provided or sold at school
- consider our nutrition messages when deciding on class rewards and celebrations, student prizes, special events, fundraising activities, and school camp menus
- actively promote physical activity as the partner of good nutrition
- encourage students taking part in physical activity (e.g. school sports teams, athletics groups) to drink water for hydration and to refuel with healthy snacks.