

FOOD AND NUTRITION FOR HEALTHY CONFIDENT KIDS



Last term all schools were sent a tool kit called Food and Nutrition for Healthy Confident Kids. This contains information that will help you promote nutrition in your school. A lead teacher and principal from your school will be invited to attend a workshop to further explain how to use this information – invitations will start to arrive early this term.

This initiative is part of the government's Mission On campaign which encourages young people and their families to live healthier lives. It is built on the belief that if children establish healthy behaviours during their early years they will lead healthy lifestyles after they leave their school and family environments. The benefits of developing and maintaining a healthy diet throughout life are plentiful.

The great news is that there is a nutrition fund to cover the costs of attending the workshop and, after attending these, schools will be eligible to apply for more funding to implement changes in their school that promote nutrition.

The kit includes information on:

- Providing healthy food and beverages in the canteen
- Food and nutrition in the curriculum
- Developing a food and nutrition policy
- Making an application to the nutrition fund
- Fundraising with products that support a healthy message
- Involving parents in healthy eating activities
- Food ideas for the lunch box
- Alternative ideas for rewards

The resources in the tool kit will be useful for all ages. To have the greatest impact the lead teacher who attends the workshops could present back to interested members of the school on the use of its contents.

Research shows that poor nutrition can be associated with lower academic achievement and poor school attendance, and teachers report improvements in attendance, attention, behaviour and levels of concentration where healthy eating has become accepted practice. Learning to eat well at school is a skill that will be used for a lifetime.



Healthy Nibbles

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For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha