

CHANGES IN SCHOOL FOOD



As you may be aware, the government has removed clause (iii) in the National Administration Guidelines (NAG) 5 which required Boards of Trustees to sell only healthy food and drink options in schools. The NAG (5) clause which requires boards of trustees to promote healthy food and nutrition to students remains in place.

In response to the news reports we have had a rush of feedback from schools currently working towards having only healthy options available in their canteens. It is encouraging to hear that in the interest of students and of the whole school community this work will continue despite the removal of clause (iii).

Schools that have focussed on improving food and nutrition and made improvements as a result of the amended NAG (5) are now well-positioned to meet their obligations under clause (ii) to promote healthy food and nutrition. This is an important requirement as young people must be able to make informed decisions about what they eat and drink as part of a healthy balanced diet.

What the school chooses to provide and promote should support curriculum teaching and the wider goal of healthy confident kids. Schools who continue to offer only healthy foods from their canteens will assist parents to ensure children have a good daily dietary intake.

Many schools are now using a whole school approach to nutrition where what is taught in the classroom is mirrored through out the whole school environment. As a place of learning schools have the opportunity to both provide information about how to have a healthy diet and to lead by example.

Providing healthy options at school also supports the research by Agencies for Nutrition Action that shows that children who eat well have better attendance, behaviour and performance.

We know from the evidence that given time, healthy options become the popular options. Canteens that continue with their hard work in this area will continue to see healthy results.

Lets continue to ensure that the healthier choices remain the easiest choices enhancing learning and the future health of today's students.

Healthy Nibbles

Nutrition and Physical Activity Information for Students
Date: January 2009
Code/Reference: NUT0007AV
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha