

HEALTHY NIBBLES FOR SCHOOL CANTEENS AND FOOD SERVICES

Welcome to our first issue of Healthy Nibbles for School Canteens and Food Service Providers!

With all the emphasis on healthy foods at the moment you are probably wondering what the big fuss is and why you are being picked on?! The truth is that there are changes happening around the whole school community but canteens and food services are where they are most obvious. The government initiative, Mission On, promotes healthy confident kids, so not only are we addressing the issue of childhood obesity, that can have serious implications later in life, but also that children are eating foods that provide all the nutrients they need. Healthy foods are also encouraged in schools as research shows that children who eat a healthy diet have better behaviour, attendance and learning outcomes.

You may also be involved with or have noticed other changes in your school, such as:

- A school nutrition policy being developed
- Nutrition being part of the learning in the classroom
- Teachers role modelling in the playground by eating healthy lunches
- Healthy fundraisers being used
- Healthy foods being available at school special events such as fairs, shared lunches and parent meetings
- A student representative group developed to have a voice about how the changes may take place (including helping you to develop new menu items)

You will have support from the whole school for any changes you are making as the National Administration Guidelines (which are overseen by the Education Review Office) are changing from the 1st June 2008 to include the phrases:

- Promote healthy food and nutrition for all students
- Where food and beverages are sold on school premises, make only healthy options available

So when your school is reviewed by ERO they will be checking how well these guidelines are being met – making it an important issue for the whole school community.

The Food and Beverage Classification System resources have been developed to assist you make any changes and are full of plenty of recipes and practical ideas. If you need more copies of this they are available at:

<http://www.healthed.govt.nz/resources/newfoodandbeverageclassifications.aspx> .

Don't forget to look out for advertising around Foodsafe Week is 12th – 19th November. If you would like food safety resources visit our website www.cph.co.nz .

Healthy Nibbles

Nutrition and Physical Activity Information for School Canteens
Date: October 2007
Code/Reference: NUT0025A
Authorised by: Nutrition and Physical Activity Team
For more information visit: www.cph.co.nz

Canterbury

District Health Board
Te Poari Hauora o Waitaha