

# Henderson Intermediate School

## SCHOOL FOOD & NUTRITION POLICY

### RATIONALE

The Board requires that food and nutrition in the school environment will meet with the Food and Beverages Classification System. There will be healthy choices of **everyday** and **sometimes** foods and drinks, offered at HIS as well as **occasional** foods for special events. Henderson Intermediate believes in the importance of **modelling good eating** and that **good nutrition supports student learning**.

### GUIDELINES

1. The Canteen Manager will select food for the canteen that adheres to the guidelines provided in the **Food and Beverage Classification System Years 1 -13**.  
ie Foods low in saturated fats  
Limiting high salt foods and sugary drinks  
Foods with fibre where possible
2. The HIS staff will ensure that foods provided for various in school activities adhere to these guidelines. The school will encourage the consumption of "**everyday foods**."  
ie Vegetables, fruit, breads, pasta, noodles, milk products, lean meat, fish, poultry, eggs, dried peas, beans ,lentils, unsalted nuts.
3. The consumption of "**sometimes foods**" will be provided in moderation.  
ie Contain moderate levels of saturated fats, salt, sugar and can contribute to high intakes of kilojoules.
4. Special school events will be the only time when "**occasional foods**" may be provided as this is a time when staff and students are celebrating/partying, and this only happens occasionally.  
ie Confectionery, deep fried foods
5. We are a water only school.
6. Staff will raise student awareness of good nutrition through informal conversations and through the Schoolwide Nutrition Programme.
7. The HIS Food Technology Programme will also reflect the value that we place on **healthy eating**.
8. All students at HIS will be provided with a healthy lunch through the Government provided 'Lunches in Schools' programme.
9. All students needing breakfast will be provided with a healthy breakfast at school, 8.15 – 8.45am daily. Another 'late breakfast' option will be provided at morning tea time.

**Reviewed on 9<sup>th</sup> September 2024**