

Evans Bay Intermediate School

SCHOOL FOOD & NUTRITION POLICY

Principles

The Board of Trustees will ensure 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 EBIS as well as **occasional** foods for special events.

Procedures

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 EBIS 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, sugary fizzy drinks
5. Water is at all times encouraged as the best drink for students to drink.
6. Staff will raise student awareness of good nutrition through informal conversations.

Reviewed: July 1st 2009