

Policy Title:	FOOD AND NUTRITION POLICY	
Related NAGs:	5 – Provide a safe physical and emotional environment	
Approved by:	Reviewed by:	Approved at Board Meeting: October 2020
	Leadership Team	
Contact:	Leadership Team	Review Date: October 2023

PURPOSE

This policy recognises that healthy eating patterns are essential for students and staff at Auckland Grammar School (School) to achieve and/or operate at their full potential. The School wishes to help students and staff establish and maintain healthy eating patterns for their personal well-being.

SCOPE

This policy applies to all students and employees of the School, and contractors providing food and associated services at the School.

POLICY STATEMENT

The School is committed to offering varied and nutritious food choices through School catering providers, that are consistent with National Food and Nutrition Guidelines and are safe and suitable.

The School acknowledges the importance of healthy eating messages and is committed to reinforcing healthy eating practices through the School's health curriculum and in other curriculum areas where possible, for example in Science and senior Physical Education courses.

RESPONSIBILITIES

The following strategies will be utilised by the School to promote healthy eating messaging, patterns and programmes:

Education:

- Students will be encouraged to take responsibility for their own health, including healthy eating patterns, through curriculum programmes, and assembly messaging

- The School's Health Education programmes will directly discourage the consumption of foods high in fat, sugar and salt.
- Staff will be regularly encouraged to consider healthy lifestyle decisions, including healthy eating patterns, through staff well-being initiatives and Staff Briefing messaging

Food Service:

- Food served within the School Tuck Shop, Staff Common Room cafeteria and Tibbs House will provide a range of healthy options, with the provision of balanced and nutritious menus being considered as part of each contract re-negotiation.
- Appropriate food safety practices will be in place to ensure legislative requirements are met. [The School has procedures to ensure compliance with the Food Act 2014 which are outlined in the School's Procedures for Compliance with Food Act 2014 \(Appendix I\)](#)
- Auckland Grammar School is smoke-free, promoting a healthy environment and meeting legislative requirements

School Communications:

The School endorses, and communicates, the **New Zealand Food and Nutrition Guidelines for Healthy Children and Young People (aged 2 to 18)**.

The School recognises, and will promote, the particular nutritional needs of adolescents

Support:

Any student or employee who identifies as having an unhealthy relationship with food will be provided with support and guidance. Students may access counselling support through the School's counselling team. Employees may access counselling support through a School counsellor and/or an independent external counselling service. The following healthy eating messages will be promoted regularly to students:

- Eat a variety of foods from the four major food groups each day
- Eat enough food for activity, growth and to maintain a healthy body size
- Choose food low in fat, sugar and salt
- Choose snacks well
- Drink plenty of water every day, limiting carbonated drinks and sports drinks
- Take part in regular physical activity

RELATED DOCUMENTS

Food Act 2014

Smoke-Free Environments Act 1990

Ministry of Health – Food and Nutrition Guidelines for Healthy Children and Young People (aged 2 to 18).

APPENDICES

The following appendices are the procedures relating to the School's approach to food and nutrition:

Appendix 1: Procedures for Compliance with Food Act 2014

APPENDIX 1 Procedures for Compliance with Food Act 2014

The Director of Property Services is responsible for the School's compliance with the Food Act 2014.

The School uses the services of external caterers. Each of the catering companies is required to provide to the School with:

- A written food control plan; and
- Evidence of registration under the Food Act 2014 with Auckland Council; this registration must be current; or
- If registration has not been granted, evidence of an application to Auckland Council.

The Director of Property Services holds all registration details and is responsible for ensuring such external caterers have valid registrations.

If staff members, or School groups, wish to engage external catering services, express permission must be obtained in advance from the Director of Property Services.

Venturelodge

Guidelines and processes for the provision of food at the School's Venturelodge to groups of Auckland Grammar School students participating in School events, most notably during the Form 4 Outdoor Education Camp Programme, are outlined in the Venturelodge Food Control Plan. The Director of Property Services is responsible for registering this Plan with the regulatory body for that region.

Catering services supplied to guests using the Venturelodge facilities independent of Auckland Grammar School events are not the responsibility of the School.

Fundraising where Food is Sold

Fundraising activities where food is sold within the School must gain the prior approval of the Director of Property Services. Such requests by staff members or School groups must be submitted to the Deputy Headmaster – Senior School in the first instance.

Such activities will be recorded to ensure the School does not exceed 20 days per annum. Consequently, the School will be compliant under the Food Act and does not require a Food Control Plan for these activities.