

Healthy Eating Policy

Policy Statement:

Our school is committed to promoting the importance of healthy eating for our students, parents and staff on a long-term basis by establishing a healthy eating environment and encouraging them to develop healthy eating habits and practice the habit in everyday life.

Our school will adopt the following measures in order to implement the above policy statement.

Measures:

School administration

- To appoint at least one designated staff member to set up a committee or group with parents as members to assist with the formulation and implementation of healthy eating policy. Obtain the services of a qualified nutritionist to provide advice.
- To inform staff, parents and students of the school healthy eating policy and all relevant measures in each school year.
- To review and revise school healthy eating policy and implementation of various measures in each school year.
- To establish a Healthy Eating Committee to provide advice for Healthy Cafeteria menus and Healthy Student Lunches and Snacks

Lunch Provision

- To give priority to maximum and moderate nutrition quality food items in the school cafeteria.
- To ensure that no minimum nutrition food items are provided in the cafeteria. Review lunch menus monthly before they are introduced to the students, staff and parents.
- To provide students and parents with the approved school lunch menu, together with their nutritional information, on a monthly basis so that informed choice could be exercised. (This item needs to be studied closely before introduction).
- To monitor whether all lunch items are in compliance with the requirements of *Accepted Guidelines on Lunch for Students*. Develop a tracking system to ensure compliance.
- To encourage parents who prepare homemade lunches to observe *Accepted Guidelines on Lunch for Students*, with emphasis on providing maximum and moderate nutrition items with no minimum nutrition food items.
- To handle cases of students who fail to bring lunch items to school in compliance with the school healthy eating policy in a manner agreed by both school and parents.
- To provide a comfortable environment and sufficient time for consumption of food by staff and students.
- To nurture the habit of eating more fruit and healthy food items.

Snack Arrangement (including food and beverage)

- To place high priority to the nutritional quality of snacks sold at school. Minimum nutrition food items are not to be sold at school.
- To check all food items sold at the cafeteria and vending machines to ensure that no snacks belonging to the group of minimum nutrition food items (including drinks). Develop a tracking system to ensure compliance.
- To encourage parents to observe *Accepted Guidelines on Snacks for Students* and advise them not to provide food and drinks belonging to the group of minimum nutrition food items, e.g. potato chips, chocolate, butter cookie, etc. that are high in fat, salt or sugar. Advise parents to prepare healthy snacks, e.g. fresh fruits. Emphasize that snacks should not spoil the appetite for the next main meal and should be consumed only when hungry.
- To forbid the promotion of snacks belonging to the group of minimum nutrition food items at school and ban the sponsorship of school activities by manufacturers of such snacks.
- To require cafeteria personnel to promote snacks that belong to the group of maximum and moderate food items. These healthy snacks should be placed in a conspicuous location.
- To encourage students to have water as their main drink.
- To handle cases of students who fail to bring snacks in compliance with the school healthy eating policy in a manner agreed by both school and parents.
- To avoid rewarding students with minimum nutrition food items and avoid delivering messages that are contradicting to healthy eating habits.

Education and publicity

- To organize at least one promotional activity on healthy eating in each school year, especially activities promoting the cooperation among families, schools and the community.
- To actively educate parents and school staff by making reference to credible education materials on nutrition (e.g. materials provided by the Department of Health or relevant academic or professional organizations) so as to foster their understanding and concern for healthy eating in each school year.
- To highlight nutrition education in school curriculum.
- To encourage parents and school staff to practice healthy eating in their daily life to set themselves an example to their children / students.

Maximum Nutrition – These foods and beverages generally have lower amounts of total fat, sugars, and sodium. They often have higher amounts of important nutrients such as naturally occurring fibre. They are usually in their whole state.

Moderate Nutrition – These foods and beverages have slightly higher amounts of total fat, sugars, and sodium than foods and beverages in the Maximum Nutrition category.

Minimum Nutrition – These foods and beverages contain a lot of added fat, sugar or sodium,

sugar substitutes, and caffeine. They probably have had some or a lot of processing. They tend to replace nutritious foods when available as meals or snacks.