

Summary of Guidelines for School Food Programmes

Released by Children's Commissioner February 2014

Purpose

Addressing the need for children to be well nourished and ready to learn.

To promote a lifelong knowledge of good nutrition and healthy lifestyles.

Schools have little guidance in this area and have relied on trial and error so the need was evident for guidelines to support schools.

Principles

Child-centred

Inclusive

Nutritionally sound

Whole school approach

Guidelines

1. Assessing your need and deciding the best response
 - surveying, engaging families, school context, deciding on the type of response
2. Getting started and resourcing the programme
 - funding, developing partnerships with sponsors
3. A positive food programme that does not stigmatise
 - student-centred, links with community
4. Healthy nutrition in schools
 - consistent food policy (ie; school events, canteen, rewards etc)
 - menu examples for breakfast club, lunches, snacks and links to more ideas
5. Connecting school food programmes to NZC
 - links and resources to support learning opportunities throughout the curriculum

Appendixes

Examples and case studies of successful school programmes and surveys for teachers and students

Considerations

Pros

Useful support and starting point for schools that wish to start a food programme

Looks at the big picture and recognises that all stakeholders, curriculum and policy need to be in alignment

Involves whole community and a school wide approach

Step by step guide so you don't just rush in

Uses experiences of schools that have set up food initiatives already

Provides links to people and organisations that may help

Cons

Wordy document, although well set out and easy to locate links

Release

Guidelines for School Food Programmes

In February the Children's Commissioner released a a guide for school wishing to introduce food programmes. You can access the guidelines at

<http://healthylifestyles.tki.org.nz/School-Food-Programmes>

Guidelines are a useful support and emphasise a whole school approach, curriculum integration, student and community involvement, leadership and sustainability. Included are links to national resources and programmes that are available for supporting food in schools.

