

School Healthy Eating Policy (Example)

StartSmart Kindergarten

Healthy Eating Policy

Policy Statement:

Our school is committed to promoting the importance of healthy eating to our students, school personnel, teaching staff, food service staff and parents, on a long-term basis. This is achieved by establishing a healthy eating environment conducive to develop a healthy eating habit and practice the habit in everyday life.

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

I. School administration

- To designate at least one school personnel to set up a committee or group with parents as members to assist the formulation and implementation of healthy eating policy
- To inform school personnel, the food service staff and parents of the school healthy eating policy and all relevant measures every year
- To review and revise school healthy eating policy and implementation of various measures by means of meetings, questionnaires and face-to-face interviews every year

- The school meal arrangement committee to review the policy and draft amendments for consulting other staff and parents. The revised policy should come into effect upon the principal's approval
- To ensure that the staff in charge of healthy eating promotion/meal arrangement receives adequate support, including manpower, resources as well as time for organising activities and attending related training

II.Meal arrangement

- To give priority to children's nutritional needs, nutritional value of food and hygiene when designing menus and preparing events on special occasions on which food will be supplied (e.g. birthday party). The recommendations in the "Nutrition Guidelines for Children Aged 2 to 6 Years" compiled by the Department of Health will be followed
- To post the school menu, including the ingredients used, on notice boards and website for parents' reference every month so that they will know what their children are eating at the institution
- To issue a notice before the beginning of a school year to encourage parents, who tend to bring food from home, to follow the healthy eating policy of the institution and prepare food that is in compliance with the recommendations of the "Nutrition Guidelines for Children Aged 2 to 6 Years"
- To monitor the type, nutritional quality and hygienic condition of

food by the meal arrangement committee. In each school year, the committee conducts a review with the food service staff and follows up any areas for improvement

- To provide meals at regular time every day in a comfortable environment. Children and school personnel will have enough time to eat
- To stop any promotion on unhealthy food at the institution and turn down unhealthy food manufacturers for any sponsorship on school activities
- To encourage children to drink plenty of water and provide them with potable drinking water

III. Education and publicity

- To organise at least one promotional activity on healthy eating every year, in particular to promote the cooperation among families, school and the community.
- To actively educate parents and school personnel by making reference to credible education materials on nutrition (e.g. materials provided by the Department of Health or relevant academic or professional organisations) so as to foster their understanding and concern for healthy eating every year.
- To incorporate nutrition education in school curriculum and activities to teach children the importance of healthy eating and how to choose food and how to eat in a healthy way.

- To encourage parents and school personnel to practise healthy eating in their daily life so that they could act as role models for their children / students.