

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, catering staff and parents, on a long-term basis. This is achieved by establishing a healthy eating environment conducive to developing and making a habit of healthy eating in everyday life.

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

(1) School administration

- To appoint at least one designated staff 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 catering 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 in each school year;
- (For the school meal arrangement committee) To review the policy, draft amendments and consult other staff and parents. The revised policy should come into effect upon the principal's approval; and
- 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.

(2) 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). Institutions are advised to follow the recommendations in the *Nutrition Guidelines for Children Aged 2 to 6* issued by the Department of Health;
- To post the school menu, including the ingredients used, on notice boards and/ or website for parents' reference every month so that they will know what their children are eating at the institution;
- To issue a notice at 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 in compliance with the recommendations of the *Nutrition Guidelines for Children Aged 2 to 6*;

- 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 catering staff and follows up any areas for improvement;
- To provide meals at regular time every day in a comfortable environment. Children and school personnel should be provided with sufficient time to eat;
- To forbid any promotion on unhealthy food at the institution and refuse any sponsorship of school activities by manufacturers of such food; and
- To encourage children to drink plenty of water and provide them with potable drinking water.

(3) Education and publicity

- To organise at least one promotional activity on healthy eating in each school year, especially in promoting the cooperation among families, school 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 organisations) so as to foster their understanding and concern for healthy eating in each school year;
- To integrate nutrition education into school curriculum and activities to teach children the importance of healthy eating and practical skills to good eating habits;
- To encourage parents and school staff to practise healthy eating in their daily life as well so that they could set themselves an example for their children/students; and
- To avoid giving food as rewards under all circumstances and delivering any messages contradicting to healthy dietary habits.