



## School Healthy Eating Policy

### **1. Policy Statement:**

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

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

### **Measures:**

#### **2. School administration**

- 2.1 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.
- 2.2 To inform staff, parents and students of the school healthy eating policy and all relevant measures in each school year.
- 2.3 To review and revise school healthy eating policy and implementation of various measures in each school year.
- 2.4 To ensure that the teachers-in-charge received adequate support, including time for organizing activities and attending related training.

#### **3. Lunch Provision**

- 3.1 To give priority to nutritional quality of lunch sets when selecting lunch supplier. Schools may make reference to “Procedures for Selecting School Lunch Suppliers” issued by the Department of Health.
- 3.2 To stipulate in the contract signed with the lunch supplier that all lunch sets should comply with the requirements of “Nutritional Guidelines on Lunch for Students” published by the Department of Health.
- 3.3 To ensure that no “strongly discouraged food items” are provided in all lunch sets. Schools should review lunch menus monthly before they are introduced to their students and parents.
- 3.4 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.

- 3.5 To monitor whether all lunch sets are in compliance with the requirements of “Nutritional Guidelines on Lunch for Students” in a week with five school days on a yearly basis. Make records by using or making reference to “School Lunch Nutritional Quality Assessment and Comment Form” provided by the Department of Health. Communicate the monitoring result to the lunch supplier and request for improvement. Such records should be duly kept until the end of the contract.
- 3.6 To encourage parents who prepare homemade lunch sets to observe “Nutritional Guidelines on Lunch for Students”, with emphasis on providing at least one serving of vegetables, no “strongly discouraged food items” (e.g. deep-fried food, salted egg and salted fish) and no desserts in the lunch set.
- 3.7 To handle cases of students who failed to bring lunch sets in compliance with the school healthy eating policy in a manner agreed by both school and parents.
- 3.8 To provide a comfortable environment and sufficient time for consumption of meal by staff and students.
- 3.9 To nurture the habit of eating fruit. Discuss the arrangement of fruit provision (self-prepared / supplied by lunch supplier) with lunch supplier and parents so that fruit could be consumed each day.

#### **4. Snack Arrangement (including food and beverage)**

- 4.1 To place high priority to the nutritional quality of snacks when selecting snack supplier. School may make reference to “Nutritional Guidelines on Snacks for Students” issued by the Department of Health and forbid the sale of snack belonging to the group of “Snacks to Choose Less” at school.
- 4.2 To check all food items sold at tuck shops and vending machines to ensure that no snacks belonging to the group of “Snacks to Choose Less” (including drinks) are sold. Such checks should be conducted two times in a school year and records can be made by taking reference to the “School Snacks Nutritional Quality Assessment and Comment Form” provided by the Department of Health. Communicate the monitoring result to the operators and request for improvements. Such records should be duly kept until the end of the contract.
- 4.3 To encourage parents to observe “Nutritional Guidelines on Snacks for Students” and advise them not to provide food and drinks belonging to the group of “Snacks to Choose Less”, 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, boiled eggs and plain biscuits. Emphasize that snacks should not spoil the appetite for the next main meal and should be consumed only when hungry.
- 4.4 To forbid the promotion of snacks belonging to the group of “Snacks to Choose Less” at school and ban the sponsorship of school activities by manufacturers of such snacks.
- 4.5 To request the operators of tuck shops and vending machines to promote snacks belong to the group of “Snacks to Choose More”. These healthy snacks should be placed in a conspicuous location.
- 4.6 To encourage students to have water as their main drink. Ensure all students can access to potable water.

- 4.7 To handle cases of students who failed to bring snacks in compliance with the school healthy eating policy in a manner agreed by both school and parents.
- 4.8 To avoid rewarding students with food and avoid delivering messages that are contradicting to healthy eating habits.

## **5. Education and publicity**

- 5.1 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.
- 5.2 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.
- 5.3 To incorporate nutrition education in school curriculum.
- 5.4 To encourage parents and school staff to practise healthy eating in their daily life as well so that they could set themselves an example to their children / students.
- 5.5 To encourage students to enroll and attend the annual checkup at the Student Health Service Centres. Such services include physical examination and screening for health problems related to vision, audition, spine, etc.