



# Healthier School Food fuels Children for Life

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**“Nag 5 removed,  
nutrition funding  
redirected.....  
Nutrition takes a back  
seat for schools”**

**“National Standards  
focusing on numeracy &  
literacy”**



**Schools focus on  
raising student  
achievement.....**

**Healthier school food  
helps raise student  
achievement!**

**SCHOOLS ARE AN IMPORTANT SETTING FOR INTERVENTION**

# Project Aims

- Summarise the evidence healthier food choices in the school setting impacts children's:
  - Diet and nutrition outcomes
  - Education outcomes
- Disseminate evidence to encourage action from:
  - Schools
  - Community
  - Stakeholders
  - Government



# Method & Findings

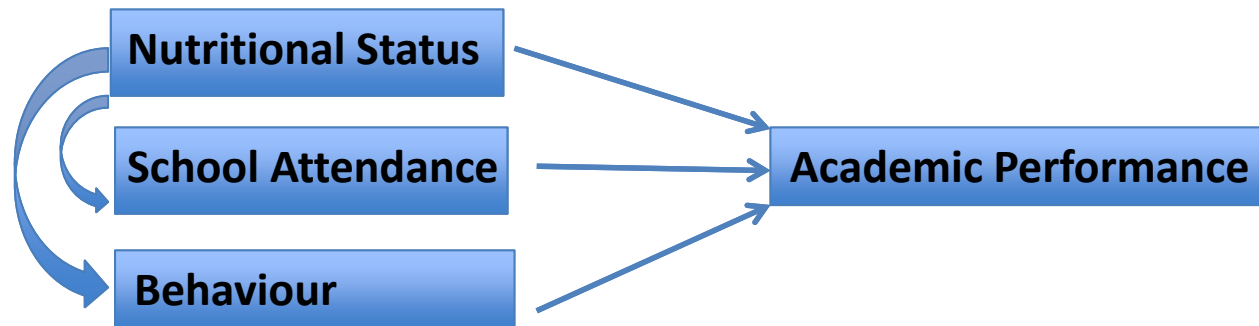
- Literature search of reviews and empirical studies - August 2001 - July 2011.
- Quantitative research studies in high income countries
- Randomised and non randomised design
- Primary and secondary school setting
- Participants included children 4-18 years
  
- 66 relevant studies
- 6 focused on education outcomes
- 60 focused on diet and nutrition outcomes

# Key Findings: Education Outcomes

- Limited evidence to show healthier food choices in the school setting have a direct effect on education outcomes
- Partially due to poor study design
- UK studies showed the introduction of nutrient standards for school food menus contributed to:
  - Short-term observed learning behaviour
  - Children's academic achievement
  - Improved School attendance
- Generalisability to N.Z school food environment is limited

# New Zealand research, Quigley & Watts, 2005

Indirect relationship between Nutritional Status, School Attendance, Behaviour and Academic Performance




# Take Home Message, Clinton et al, 2010

- **“Improving nutritional status improves children’s physiological, psychological and social well being, increasing their ‘opportunity to learn’.**



# Key Findings: Diet & Nutrition Outcomes

- Good evidence comprehensive nutrition policies/guidelines are effective in improving school food environment.
- Must include all food available or consumed
- Supported by curriculum
- Supported by staff, parents and students.

  
Heart Foundation

### Food & Nutrition Policy

This sample policy has been developed using the health promotion guidelines for schools, Healthy Schools - Kura Waiora (Ministry of Health).

**Rationale:** It is important that all students possess the knowledge and skills necessary to make nutritious and enjoyable food choices for their lifetime. In addition, staff are encouraged to model healthy eating as a valuable part of daily life.

**Date:** \_\_\_\_\_ **Review Date:** \_\_\_\_\_  
(date policy is effective from) One year from current date

**Signature:** \_\_\_\_\_ **Name:** \_\_\_\_\_

**Purpose (Broad, long-term goals)**

- To educate children on the importance of nutrition and physical activity for health and education.
- To provide an environment that supports healthy eating and physical activity.
- To work with our whole school community to identify and address nutritional health priorities.
- To establish a health team to represent the whole school community.
- To provide a food service that offers food choices that are consistent with the New Zealand Food and Nutrition Guidelines and the Food and Beverage Classification System (fuelled4life.)
- To provide healthy foods that are value for money and are prepared in an environment that adheres to food safety guidelines.
- To actively promote and encourage families/whānau to provide healthy 'everyday' food for their families.
- To ensure no children go hungry at school so all students have equal 'opportunity to learn'.
- To be aware of the range of cultures represented in the school and allow for traditional food preferences.
- To encourage staff to be active role models for healthy eating and physical activity.
- To ensure staff receive professional development in the area of food, nutrition and physical activity.

**Strategies (Guidelines and specific points)**

- Consult with the whole school community biennially to ensure they are actively involved in identifying and addressing their nutrition related health priorities.
- Health team meet every term to develop and work towards an annual heart health plan addressing nutrition related health priorities which is monitored by the Board of Trustees.
- The curriculum addresses food and nutrition.
- The Health team works with the school food service to develop and promote an affordable menu that is aligned with the Food and Beverage Classification System (fuelled4life) criteria.
- The school canteen staff have current food safety training and adhere to food safety guidelines.
- Lunchbox guidelines and this nutrition policy are provided to parents/Whānau at enrolment.
- Drinking water is available for all students and staff members.
- 'Everyday' foods and beverages are promoted regularly through the school newsletter, nutrition lessons, posters and school events.
- All School camps, festivals, sports days, fundraising events, class parties, classroom rewards and other school events support healthy eating and physical activity.
- Food service staff shall be supported and encouraged to work closely with the teachers responsible for the school health programme to achieve common goals.
- Children who attend school without breakfast or lunch will be provided with a healthy meal provided by the school. If this happens more than three times the child's family will be contacted.
- Physical activity is recognised as a vital partner to good nutrition practices and as such, will be actively promoted within the school community.
- One or more staff member will undertake professional development in the area of nutrition and physical activity every year and present learning's back to all staff.



# Multicomponent Interventions

- Evidence shows the most successful school interventions on dietary behaviour are multifaceted and include:
  - School wide policies
  - Nutrition Education
  - Co ordination between school food service and nutrition education
  - Family and Community Involvement
  - Evaluation



# Hastings Intermediate: Fresh Tastes Cafe



# Canteen Menu

- Chicken/ Vegetable Sushi (6pieces ) \$3.50
- Wraps (Chicken or Ham): \$3.50
- Half Wrap (Chicken or Ham): \$2.00
- Salad: \$3.00
- Filled Roll: \$2.50
- Sandwiches: \$2.50
- Yoghurt: \$1.00
- Macaroni Cheese: \$3.50
- Spaghetti Bolognese: \$3.00
- Calzone Pizza: \$2.00
- Toasted Sandwiches: \$2.50
- Hot Burrito: \$3.50
- Chicken Burger: \$4.00
- Soup and Bun: \$1.50
- Calci-Yum: \$1.50



# Creating healthier nutrition environments for children and young people



# fuelled4life & Facebook



The image shows a screenshot of the Facebook profile for 'Fuelled4life'. The profile picture features a young man and woman in a field of tall grass, with a sign on a fence that reads 'GETTING A GREAT START TO LIFE THROUGH HEALTHY EATING!'. The cover photo is a close-up of the same woman eating a slice of watermelon. The profile name is 'Fuelled4life' with 5,223 likes and 1,226 people talking about it. The bio states: 'Food/Beverages Fuelled4life is all about children and young people getting a good start to life through access to healthier food and beverages.' Navigation tabs include About, Photos, Likes (5,223), Be in to WIN! (with a 'BE IN TO WIN' graphic), and Events (with a '31' graphic). A 'Highlights' dropdown menu is visible at the bottom.

**FUELLED 4 LIFE**

**Fuelled4life**  
5,223 likes · 1,226 talking about this

Food/Beverages  
Fuelled4life is all about children and young people getting a good start to life through access to healthier food and beverages.

About Photos Likes 5,223 Be in to WIN! Events

Highlights



