



School Healthy Eating Policy

Children are growing fast and physically active. They require nutrients and energy. Healthy snacks help replenish the water and energy lost during learning as well as exercising, and help children obtain enough nutrients. On the other hand, overeating and unhealthy choices of snacks lead to excessive energy intake, which in turn results in weight gain with negative health impact. To further develop a healthy environment for our students, 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.

Implementation:

- 🍏 To appoint Health Care Team to assist the implementation of healthy eating policy
- 🍏 To inform staff, parents and students of the school healthy eating policy
- 🍏 To ensure the implementation and evaluation of the healthy eating policy

Lunch Provision

- 🍏 To give priority to nutritional quality of lunch sets when selecting lunch supplier
- 🍏 To ensure that no “strongly discouraged food items” are provided in all lunch sets
- 🍏 To review the monthly lunch menus before being introduced to students and parents

-  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

Snack Arrangement (including food and beverage)

-  To forbid students from buying snacks in the category of “Snacks to Choose Less” at the tuck shop
-  To check all food items sold at the tuck shop and the vending machine to ensure that no snacks belonging to the category of “Snacks to Choose Less” are sold to primary students
-  To advise parents not to provide snacks belonging to the category of “Snacks to Choose Less” to their child, e.g. potato chips, chocolate, butter cookie, etc, which are high in fat, salt or sugar
-  To advise parents to prepare healthy snacks, e.g. fresh fruits, boiled eggs and plain biscuits
-  To encourage students to have water as their main drink

Education and publicity

-  To organize activities on healthy eating in each school year
-  To distribute educational materials to parents on nutrition (e.g. materials provided by the Department of Health) so as to foster their understanding and raise their concern on healthy eating