



# Presentation Overview

- Why education about food and nutrition is important
- Existing initiatives
- NAG 5 change
- Food and Beverage Classification System
- Nutrition Fund



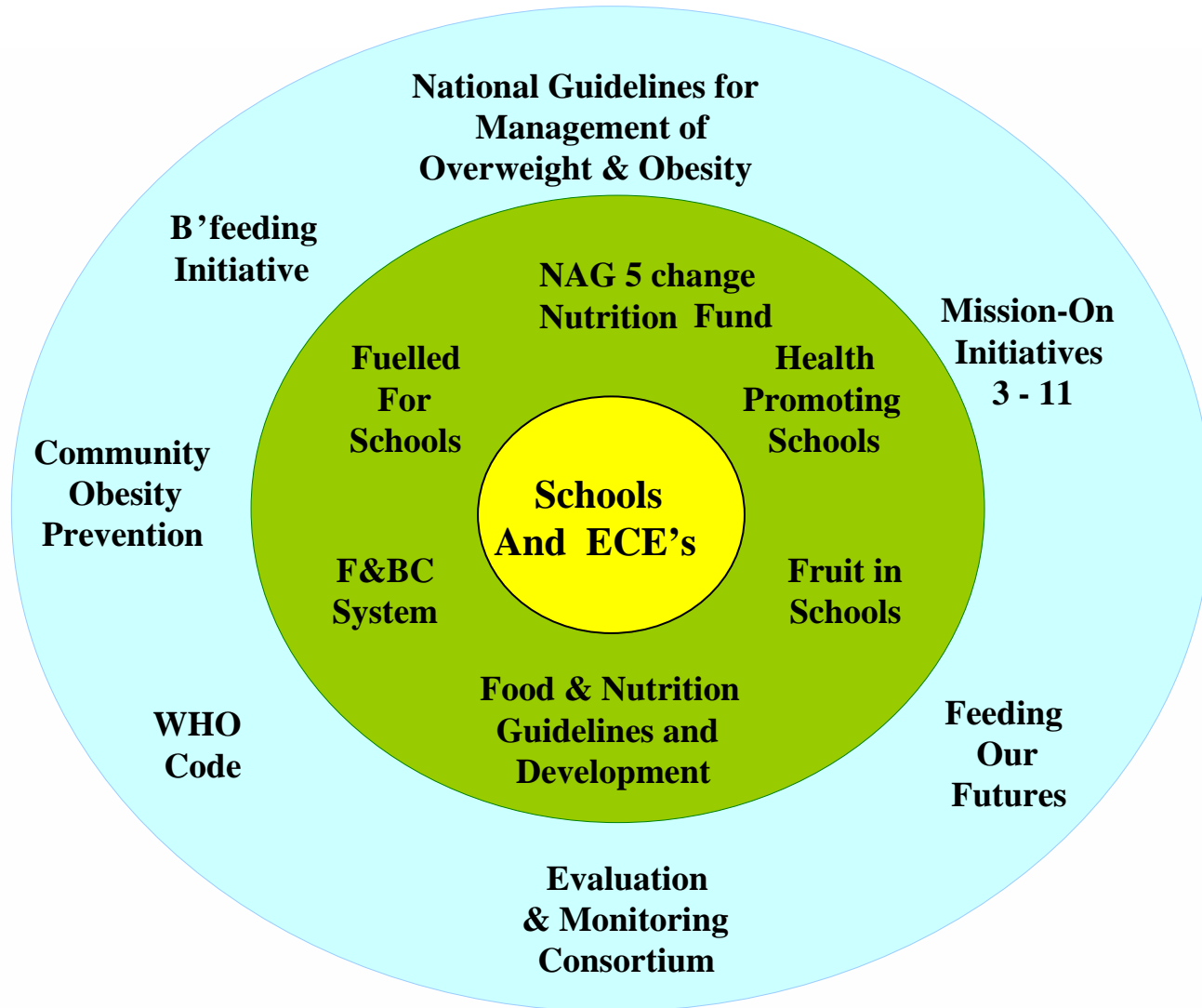


# Why education about food and nutrition is important

- Research shows positive links between good nutrition, and increased academic achievement  
Improved child nutrition = focused, healthy learners(?)
- Sustainable community change through school wide nutritional focus
- Supports delivery of the Health and Physical education & Technology aspects of curriculum



# What's already out there informing change?





# NAG 5 change effective from 1 June this year

**From 1 June 08 Boards of trustees required to:**

- Promote healthy food and nutrition for all students
- Where food and beverages are sold on school premises, to make only healthy options available

What will it mean for our Kohanga Reo/A'oga Amata/Early childhood/Kindy or Playcentre?

How will the NAG change effect Primary schools and Secondary schools?



# What's in place to support this change?

- Ministry of Education developed "Tool Kit"
- Product registration database (in development )
- Food and Beverage Classification System
  - Optional tool to assist schools choose healthy food and beverage options
- Toll free advice 0800 408 962



# Action in Education Settings

- Nutrition Fund \$3 million.
- Food and Beverage Classification System
  - Nutrient criteria
  - Support resources
  - Product registration programme
  - Training and professional development
- Engaging with Youth
- Food and Nutrition Environment Survey





# Nutrition Fund

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- Available to all Schools and ECE's
- Funding rounds in April and October
- Focus on nutrition
- Should aim for sustainability
- Administered by Capital and Coast District Health Board



# The FBCCS tick



Food and Beverage Classification System



# Categories

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**Everyday-** encourage and promote these

**Sometimes-** check serving sizes, should not dominate

**Occasional-** limit to about once per term.



# Classifying foods and drinks

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Criteria are;

Saturated fat content

Salt

Energy per portion



# Nutrition Fund

Drinking Water Fountains installed at 50 sites





# Nutrition Fund

Vegetable Gardens installed at 94 sites





# Nutrition Fund

Kitchen equipment supplied at 41 sites including school canteens





# Changes

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- February 5 2009-  
NAG 5 Clause (iii) removed
  
- June 30 2009 –  
Nutrition fund disestablished/ reprioritised  
District coordinators disbanded



# Nutrition Fund

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## Education Settings funded;

- Early childhood centres 82
- Schools- 32
- Secondary schools 11
- Te Kohanga Reo 10
- Aoga amata 7
- Kura 2



# Conclusion

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HEHA Nutrition Fund has been influential in encouraging vegetable gardening throughout New Zealand.

Has spin off effect on families and communities.

Garden centres are happy about this too!