



Whanganui Rangitīkei Ruapehu
He oranga whānau

HEALTHY LUNCHBOX

TOOLKIT

SCHOOL TIP SHEET

HEALTHY LUNCHBOX

To create healthy change in our Schools the healthy choice has to be the easy choice. An effective way to make healthy change within your School is to implement a healthy lunch box strategy, this means that students and whanau are aware of the healthy choices students can bring for lunch. Students that are provided with a healthy lunch box are generally able to remain focussed for longer and they have a longer sustained energy level which is a huge benefit for their learning. Research also shows improving nutrition increased brain function.

IN ORDER TO SUPPORT HEALTHY FOOD CHOICES IN YOUR SCHOOL SOME OF THE THINGS YOU MAY NEED TO DO INCLUDE...

- Gain buy-in from staff, management and the board and where possible the school community.
- Develop or renew a nutrition policy. This process will need to include discussion with staff and a realistic timeframe to ensure everyone has time to adjust to the changes. (Where applicable your policy may need to go through a board ratification process.)
- Develop procedures for managing healthy lunch boxes and your nutrition policy.
- Incorporate healthy lunch box information into School resources such as enrolment packs and newsletters.
- Develop consistent messaging and communication both internally and externally in relation to healthy lunch boxes and nutrition.
- Promoting healthy lunch boxes and create a supportive and encouraging environment.
- As staff it is important to take on the role of teaching good choices – this is especially true if you have a child who is really digging in their toes over lunch box choices.
- Incorporating healthy food choices as part of the curriculum will support sustainable change.



OTHER THINGS THAT MAY BE HELPFUL

- Water Only Policy
- Fruit in Schools – If eligible
- The Heart Foundation's Heart Start programme

If you would like further information or support please contact our team at Te Oranganui Iwi Health Authority

Healthy Families Whanganui Rangitīkei Ruapehu
www.healthyfamilieswrr.org.nz (06) 349 0007



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Useful Websites

- Heart Foundation - www.heartfoundation.org.nz: The Heart Foundation's website provides further heart health information, recipes and further catering resources through the hospital-ity hub.
- 5+ A Day – www.5aday.co.nz/: Information and curriculum-aligned resources around the importance of fruit and vegetables
- Toi Tangata – <http://toitangata.co.nz/>: Toi Tangata are specialists in the area of positive health, fitness and nutrition and provide education programmes to a range clients, both Maori and non- Maori, throughout New Zealand.

Programmes & resources to support Food and Nutrition Education:

- Foodstuffs Food for Thought Nutrition Education Programme is free for schools, and helps students (years 5 - 6) learn to make healthy food choices.
<http://www.heartfoundation.org.nz/programmes-resources/schools-and-eces/food-for-thought>
- Be Healthy Be Active Programme – <https://www.be-healthy-be-active.co.nz/> : This teaching programme has been designed especially for kiwi kids and teachers in Years 7 & 8. It will help you learn to make healthy choices for a full and balanced life.
- Kids Can Cook Kitchen – <http://www.kidscancookkitchen.org.nz/> : Chef Chris Fortune delivers this interactive cooking demonstration to Primary and Intermediate Schools to teach children valuable cooking skills and utilizing produce from school gardens.
- Rosie's Education – <http://www.rosieseducation.co.nz/> : Developed by DairyNZ, this website provides a large range of interactive teaching resources for years 1- 9. Teachers can create their own custom lesson plans and download them.
- <http://www.rosiesworld.co.nz/> Developed by Dairy this website provides tailor made lesson plans, interactive videos and games to teach children about the benefits of dairy, dairy farming and the environment.

ENROLMENT PACK LUNCH BOX GUIDELINES

TRY AND CHOOSE AT LEAST **1** ITEM FROM EACH COLUMN

SNACKS

- Rice crackers
- Crackers
- Wholemeal Scones
- Crumpets
- Corn thins
- Hot cross buns
- Popcorn
- Healthy baking

DON'T BRING

- Strings
- Chocolate
- Lollies
- Sugary drinks
- Pies
- Chocolate biscuits
- Cake
- Lunch Pack from Shop (e.g. chips, cookie, drink)

FRUIT

Fresh Fruit (cut in pieces)

- Apple
- Banana
- Mandarin
- Orange quarters
- Watermelon, rock melon
- Pear
- Strawberries
- Pineapple
- Peaches
- Nectarines

Tinned Fruit

- All fruit that is in its natural juice (not syrup)

Dried Fruit

- Dried Fruit
- Nuts

VEGETABLES

Fresh cut up vegies

- Tomatoes
- Carrot sticks
- Peas
- Celery sticks
- Cucumber sticks

Baked Items

- Roasted or Grilled vegetables
- Left over vegies from dinner
- Wholemeal vegetable muffins

Salads and Soups

DAIRY & MEAT

Dairy

- Milk (Low Fat)
- Yogurt
- Custard
- Cheese sticks
- Cottage cheese

Meat

- Tinned fish in springwater
- Lean roast or grilled meat
- Boiled eggs
- Raw fish

Can serve with:

- Wholegrain wraps, rolls, sandwich or pita
- Rice or corn crackers

GRAINS

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches

Preferred bread:

- Wholemeal
- Multigrain
- Pita
- Flat
- Fruit bread
- Soy and linseed

- Sushi
- Rice dishes
- Pasta dishes
- Noodle dishes

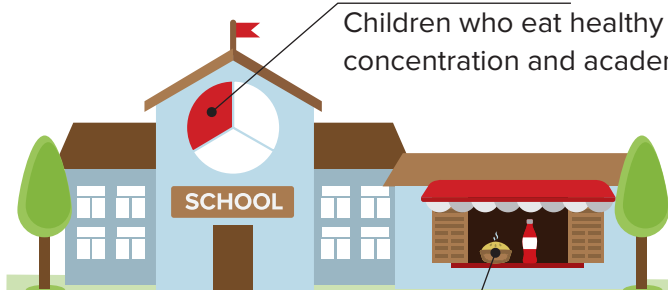
We want healthy food, drink & activity in schools



1 in 3 children in NZ are **overweight or obese**

1/3 of calories are eaten at school.

Children who eat healthy food have better concentration and academic outcomes



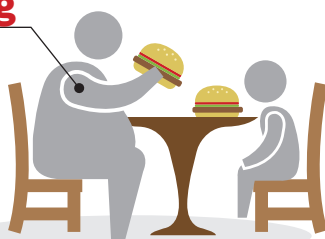
50% of children regularly buy food from the **school canteen**

3x as many **fast food and convenience stores** are located near schools in high needs communities



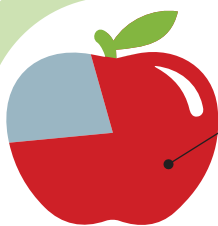
Adult role modelling

has a strong influence on children's healthy eating and exercise habits



The World Health Organization recommends no more than

5 teaspoons of added sugar per day for children. A 600ml bottle of soft drink has **16 teaspoons**



78% of New Zealanders are in favour of schools implementing a healthy **food policy**

Junior sport is **15x** more likely to be **sponsored by unhealthy food companies** than other companies



1 in 3 young people **don't meet the guideline for daily physical activity.**

Being active at school improves attention, learning and mental wellbeing

Are you with us? Turn the page to get involved

How can we work together?

The Heart Foundation has a dedicated team of staff working with schools throughout NZ. They can offer help and resources to improve healthy eating and physical activity in your school. Here are some ways they can help:



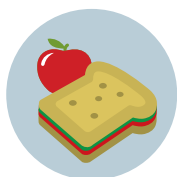
Nutrition Policy

- Support to develop your school nutrition policy and incorporate nutrition planning into your school charter



Connecting with your community

- Resources and workshops for parent groups
- Support to plan a healthy school event e.g. health expo



Canteen

- **Fuelled4life** healthy recipes and resources
- Sample canteen menus
- Tips for promoting your canteen menu



Spread the healthy word

- Healthy eating snippets for your school newsletter or Facebook page
- Ideas for school fundraising and celebration events
- Tips for a nutritious lunchbox
- Help with starting or supporting your student health team



Professional Development

- Free professional development workshops for staff



Nutrition Education

- **Foodstuffs Food for Thought** in-class nutrition sessions for years 5 & 6
- Free curriculum level 1-5 nutrition unit plans



Fuel up for learning

- Tools to help schools identify a clear process to support hungry students



Physical Activity

- **Jump Rope 4 Heart**
- Activity resources and ideas



Healthy changes at your local shop

- A toolkit for working with your local takeaway or convenience stores

HEART START^{tu}
TOITOI MANAWA

HEART START
EXCELLENCE



To start your journey, visit www.learnbyheart.org.nz

Or contact your local Health Promotion Coordinator:

Name

Contact

FUELLED4LIFE LUNCH BOXES

FOR 2-6 YEARS

HERE ARE SOME LOW COST, EASY
AND INTERESTING LUNCH BOX IDEAS



REMEMBER IT'S WHAT YOUR CHILD EATS
OVER THE WHOLE DAY THAT IS IMPORTANT

TIPS

Aim for a lunch box that has the four food groups (**vegetables and fruit**, **breads and cereals**, **milk and milk products** and **lean meat, fish, seafood, eggs, legumes, nuts and seeds**)

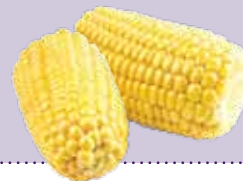
MIXING IT UP: MEAL IDEAS

- Leftovers from dinner. For example pasta can be made into a salad or use roast vegetables in a **frittata**.
- Add variety to **sandwiches** by cutting into different shapes, making club sandwiches, **pinwheels** or using different breads such as rēwena bread or pitas
- Wholemeal wraps with tuna, lettuce and grated carrot
- **Meatballs** and pasta
- Wholemeal toastie. For example cheese and tomato, cheese and corn or cheese and pineapple.
- **Vegetable dumplings**
- **Sushi**
- **Vegetable fried rice**
- **Vegetable fritters**
For example zucchini or corn
- Dhal and roti
- **Bean and rice salad**



MIXING IT UP: SNACK IDEAS

- Seasonal vegetables. For example corn cobs, baked kumara, capsicum sticks, and halved cherry tomatoes.
- Seasonal fruit. For example watermelon, grapes, feijoa, strawberries, oranges, plums, apricots.
- Plain yoghurt with berries or cut fruit
- Celery sticks with peanut butter
- Carrot sticks with cottage cheese
- Plain popcorn
- Grainy crackers or rice cakes with cheese
- Vegetable sticks with avocado dip
- Mini wholemeal sandwiches
- Custard



SAFETY TIPS

- Remember to take into account your child's age when packing their lunch box.
- Small and round or soft foods such as popcorn and sausages can get stuck in children's airways. Grapes and cherry tomatoes can be halved and stones should be taken out from fruit.
- Hard foods such as nuts, raw fruit or vegetables may be difficult for young children to bite and breakdown enough to swallow safely. Carrot, celery or apple can be cooked until soft or grated.
- Check to ensure there are no allergy restrictions at the early childhood education service.
- Keep lunch boxes cool by including a frozen water bottle.



MONEY SAVING TIPS

- Growing your own vegetables can be cheaper and is a great way to teach young children about vegetables and fruit. Green beans, cherry tomatoes and lettuce are great items to start with.
- Buy vegetables and fruit that are in season.
- Remember frozen berries and vegetables can be cheaper options.
- Buy items in bulk such as yoghurt and cheese and put into small containers for the lunch box.





Orautoha School

Nutrition Policy

Rationale

To create a school environment that promotes healthy eating - to enhance health, educational outcomes and empower students to make nutritious and enjoyable food choices for a lifetime.

Goals

- To give students the skills and knowledge to develop healthy eating habits.
- To ensure nutrition messages are consistent across the entire school.
- To create an environment where water and plain milk are the only drinks available to students whilst at school.
- To promote healthy eating and physical activity to students and their whanau.

Strategies

- Students are encouraged to take responsibility for their own health through classroom nutrition education sessions.
- All staff members are encouraged to model healthy eating behaviours.
- Nutrition related professional development for teachers is encouraged annually.
- Food and drinks provided by the school canteen (and vending machines) will fit within the healthy 'everyday' and 'sometimes' categories of the Ministry of Health's Food and Beverage Classification System.
- Students will not be permitted to leave school grounds during the school day to purchase food or beverages.
- Plain water and milk are the only beverages available to students at school.
- Children are encouraged to drink water throughout the day, including in class.
- Food and drinks provided at school events (including class rewards, parties, camps, sports days, staff meetings, fundraising) will be consistent with this policy.
- School sports teams will be encouraged to use water as the only source of hydration, and healthy snacks to refuel.
- Any sponsorship provided by companies will align with this policy.
- Nutrition information is available for parents/whanau on the school website, through healthy snippets in the school newsletter or through posters displayed at school.
- Physical activity is recognised as a vital partner to good nutrition practices and will be actively promoted within the school community.

Date: _____

Review Date: _____

Signature: _____