Review of School Healthy Eating Policy ***(Template)***

*(School Name)*

Date of review: 18/06/2021

## Policy Statement:

***Our school is committed to promoting the importance of healthy eating to our students, school staff and parents on a long-term basis by establishing a healthy eating environment, encouraging them to develop good eating habits and putting the habits into practice in daily life.***

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

## Measures for Promotion of Healthy Eating:

|  | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| --- | --- | --- | --- | --- |
| 1. **School Administration**
 |
| * To appoint at least one designated school staff to coordinate a committee or group with parents as members to assist in formulating and implementing the healthy eating policy.
 |  |  |  |  |
| * To inform school staff, parents and students of the school healthy eating policy and measures in every school year.
 |  |  |  | School Circular (2020/09-05) |
| * To review and revise the school healthy eating policy and implementation of various measures in every school year.
 |  |  |  |  |
| * To support the teachers-in-charge of “EatSmart@school.hk” Campaign so that they have adequate time to organise activities and attend related trainings.
 |  |  |  |  |

Other comments of school administration: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| --- | --- | --- | --- | --- |
| 1. **Lunch Arrangement**
 |
| * To give a higher priority to the nutritional quality of lunch boxes when selecting a lunch supplier. Schools may make reference to the [*Handbook of Selection of Lunch Suppliers*](https://school.eatsmart.gov.hk/files/pdf/Supplier_handbook_en.pdf) published by the Department of Health (DH)*.*
 |  |  |  | The weight of service (nutritional quality) and cost is 80:20 . |
| * To stipulate in the signed contract with the lunch supplier that all lunch boxes shall prepare in compliance with the nutrition recommendations of the [*Nutritional Guidelines on Lunch for Students*](https://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf) published by the DH.
 |  |  |  |  |
| * To review lunch menus before releasing them to students and parents in each month to ensure that the lunch boxes provide at least one serving of vegetables, no “Strongly Discouraged Food Items” and desserts are provided.
 |  |  |  | Responsible by lunch monitoring group. |
| * To provide students and parents with approved lunch menu with nutritional information in each month so that informed choice could be exercised.
 |  |  |  |  |
| * To conduct lunch monitoring at least four times in every school year. Each monitoring shall continue for one school week with five consecutive school days to monitor whether all lunch boxes are in compliance with the nutrition recommendations in the [*Nutritional Guidelines on Lunch for Students*](https://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf)*.* The school shall keep record by using or making reference to the “Lunch Monitoring and Feedback Form (Chinese Version Only)” provided by the DH, reflect the monitoring results to the lunch supplier and request for improvement if needed. Such records should be duly kept until the end of the contract.
 |  |  |  | In 2020/21 school year, 4 lunch monitoring were conducted in 10/2020, 11/2020, 2/2021 and 4/2021. Will discuss with lunch monitoring group and parent volunteers about lunch monitoring in 2021/22 school year. |

|  | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| --- | --- | --- | --- | --- |
| * To encourage parents who prepare homemade lunch boxes to make reference to the [*Nutritional Guidelines on Lunch for Students*](https://school.eatsmart.gov.hk/files/pdf/lunch_guidelines_bi.pdf), which stresses on the provision of at least one serving of vegetables, avoidance of “Strongly Discouraged Food Items”, such as deep-fried food or food with very high salt content, as well as desserts.
 |  |  |  | School Circular (2020/09-05) |
| * To adopt the agreed measures between the school and parents in handling cases where the homemade lunch box of the student failed to comply with the healthy eating policy.
 |  |  |  | Teacher will inform parents through student handbook. |
| * To provide a comfortable environment and sufficient time for students and school staff to have lunch.
 |  |  |  |  |
| * To make arrangement of fruit provision (self-prepared/ provided by lunch supplier) with lunch supplier and parents to promote the habit of fruit intake. It is suggested that students should take at least one serving of fruit in school every day.
 |  |  |  | Supplier provides 3 servings of fruit every week. |

Other comments of lunch provision:

1) Majority of the lunches provided by lunch supplier or homemade lunch met the nutrition recommendation.

2) Only a few students brought homemade lunches with fruits.

|  | **Executed** | **Pending****to execute** | **Need****improvement** | **Remarks** |
| --- | --- | --- | --- | --- |
| 1. **Snack Arrangement**

 **(Including Food and Drinks)** |
| * To give a higher priority to the nutritional quality of snacks when selecting a snack supplier. Schools may make reference to the [*Nutritional Guidelines on Snacks for Students*](https://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf) published by the DH.
 |  |  |  | Supplier is allowed to sell “Snacks of Choice” or “Snacks to Choose in Moderation” only. |
| * To stipulate in the signed contract with the snack supplier that no snacks belonging to the “Snacks to Choose Less” category shall be provided.
 |  |  |  |  |
| * To conduct snack monitoring at least two times in every school year to ensure that no snacks belonging to the category of “Snacks to Choose Less” are sold at school. The school shall keep record by using or making reference to the “Snack Monitoring and Feedback Form (Chinese Version Only)” provided by the DH, reflect the monitoring results to the snack supplier and request for improvement if needed. Such records should be duly kept until the end of the contract.
 |  |  |  | In 2020/21 school year, 2 snack monitoring were conducted in 9/2020 and 2/2021 respectively with satisfactory result. |

|  | **Executed** | **Pending to execute** | **Need improvement** | **Remarks** |
| --- | --- | --- | --- | --- |
| * To encourage parents to make reference to the [*Nutritional Guidelines on Snacks for Students*](https://school.eatsmart.gov.hk/files/pdf/snack_guidelines_bi.pdf) and avoid providing food and drinks belonging to the “Snacks to Choose Less” category, including food that are high in fat, salt or sugar, for example potato chips, chocolates or soft drinks. Encourage parents to prepare healthy snacks such as fresh fruits, boiled eggs or dry-roasted plain nuts. Emphasise that students should take moderate amount of snacks only if it shall not affect the appetite for the next main meal.
 |  |  |  | School Circular (2020/09-05) |
| * To forbid promotion of “Snacks to Choose in Moderation” or “Snacks to Choose Less” at school and reject school activity sponsorship offered by food manufacturers or food suppliers.
 |  |  |  |  |
| * To request snack suppliers to promote “Snacks of Choice” and display such snacks in a prominent position.
 |  |  |  | Will execute in2021/22 school year. |
| * To encourage students to drink more water and ensure students can access to potable water.
 |  |  |  |  |
| * To adopt the agreed measures between the school and parents in handling cases where the homemade snacks of the student failed to comply with the healthy eating policy.
 |  |  |  | School teacher will keep and return to the student after school.Teacher will inform parent through student handbook. |
| * To avoid using food as a reward, which delivers contradictory messages to healthy eating habits.
 |  |  |  | School Circular (2020/09-05) |

Other comments of snack arrangement:

 1) Most of the homemade snacks were healthy choices.

 2) Suggested tuck shop to sell some fruits.

|  | **Executed** | **Pending to** **execute** | **Need** **improvement** | **Remarks** |
| --- | --- | --- | --- | --- |
| 1. **Education and Publicity**
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| * To organise at least one activity that promote healthy eating in every school year, especially activities promoting the cooperation among families, schools and the community.
 |  |  |  | Joyful Fruit Month (April 2021)Good Breakfast (October 2020) |
| * To make reference to credible nutrition education materials such as materials provided by the DH or relevant academic or professional organisations and provide such materials to parents and school staff in every school year to enhance their understanding and awareness on healthy eating.
 |  |  |  |  |
| * To incorporate nutrition and healthy eating elements in school curriculum and related subjects.
 |  |  |  |  |
| * To encourage parents and school staff to practice healthy eating habits in daily life so as to become a good role model to students.
 |  |  |  | School Circular (2020/09-05) |
| * To encourage students to attend the physical examination and related health service on areas such as growth, nutrition, vision, hearing and spine offered by the Student Health Service Centres each year.
 |  |  |  | School Circular (2020/09-05) |

Other comments of education and publicity:

Parent-child activities such as “Good Breakfast – Photo Contest” and “Fruit Recipe Competition” were welcomed by students.

***Summary:***

School staff and parents were supportive to healthy eating promotion.

Lunch monitoring needed further improvement.

To encourage students to eat more fruit, school would liaise with the tuck shop about the sale of fruit.

**Coming Year（2021/22 school year）Action Items:**

| **Action Items** | **Responsible person/group** |
| --- | --- |
| 1. Lunch Monitoring

(Choose a week with five consecutive school days in each month for lunch monitoring)1. Execute selling fruit in tuck shop
2. Promote parent-child activity which promotes healthy eating
 | Lunch monitoring groupMs Lau Mei-mei (teacher) and Mrs Lee (PTA member)Extra-curriculum group |