



The Nourishing Hawke's Bay: He wairua tō te kai project reported on the healthiness of food environment policies and practices in primary and secondary schools across Hawke's Bay between May 2021 and August 2021.

Aiming to improve food environments for children in Hawke's Bay

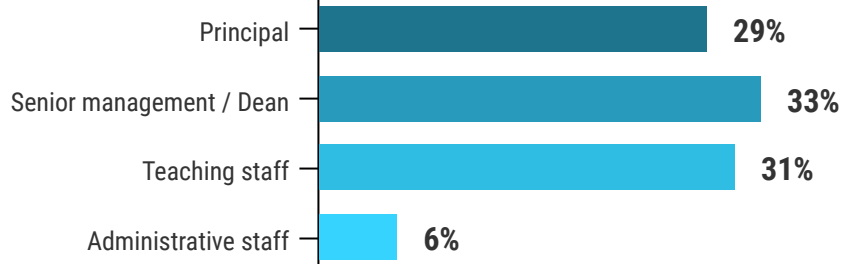
The **School-Food Environment Review and Support Tool (School-FERST)** was used to assess the healthiness of the foods and beverages provided

Who completed the survey?

52 responses*



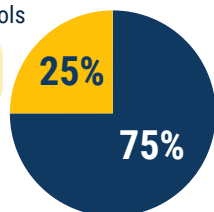
44%
response rate



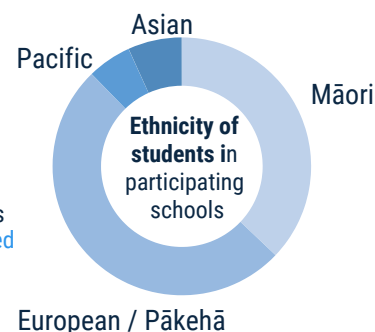
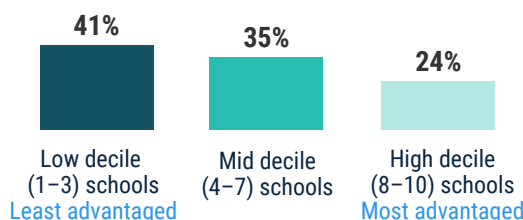
*one response excluded due to missing information

Secondary schools

Median school roll size: 466



Primary schools
Median school roll size: 277



For analyses, intermediate schools (4%) were combined with primary schools and composite schools (2%) with secondary

Key findings



There is often **uncertainty** within teaching and school management staff **about the existence**, content and **availability of nutritional policies**.



The **majority** of schools **do not have their own policies**; most use the generic template available from SchoolDocs.



Policies do not use strongly prescriptive wording, rather focusing on encouraging and recommending.



Most secondary schools do not have enough water fountains to meet Ministry of Education guidelines for number of students.



Most secondary schools sell food to students (especially State Schools). The healthiness of products for sale is variable.

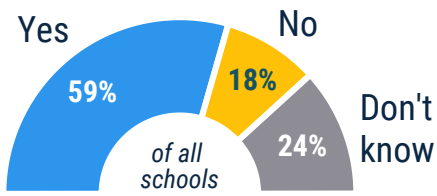


Using **food in fundraising is more common in mid / high decile (most advantaged) schools** and when it is used it is **generally unhealthy**.

Policies on food and nutrition



Does your school have a **written food or nutrition policy**?



Only **1/4** of schools said their policy was **available to the public**
8% did not know

26 schools provided their policies for analysis



Only 3 of these schools had their own policies



All others used the policy supplied by SchoolDocs



Policy-FANS scores*

Policy comprehensiveness

6/10

Policy strength

1.4/10

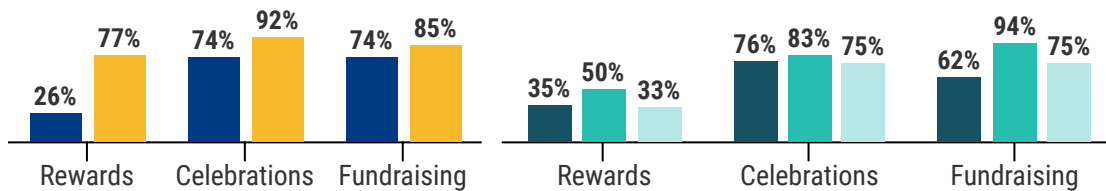
Most policies did not use prescriptive wording, rather focusing on encouragement and recommendations

*Policy-FANS - Shortened version of the Well-SAT Wellness School Assessment Tool

Food in schools and water fountains

Rewards, celebrations and fundraising

Schools using food and / or beverages in class and school activities

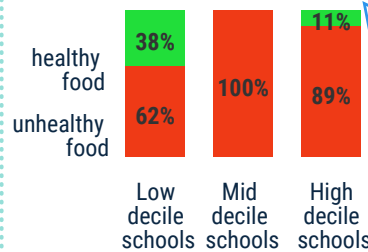


When schools used foods in **fundraising**, they were **mostly unhealthy**



Only 2 schools met recommendations for having at least 75% healthy foods for sale

Unhealthy food in fundraising was more frequently used in mid/high decile schools



Water fountains

Schools meeting guidelines for at least one fountain per 60 students

78%

25%

Mean number of students per water fountain

49

92

Buying food off-site

1/10 of **primary schools** and about 1/3 of **secondary schools** allowed students to leave school grounds to purchase food

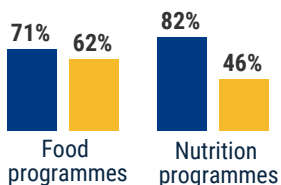


2/3 **secondary schools** sold food to students
2/3 of all school canteens were run by the school

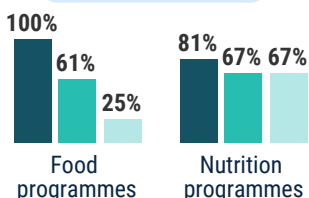
Participation in food and nutrition programmes

Schools participating in food / nutrition programmes

School type



School deprivation / school decile



Food programmes

Food security focus



45% Ka Ora, Ka Ako - Healthy School Lunches Programme



41% KickStart Breakfast Club



39% KidsCan for Schools



28% Fruit in Schools



24% Fonterra Milk in Schools



8% Other, e.g., free apples, volunteers making toasties

Some least advantaged schools participate in all five named food programmes

Nutrition programmes

Educational focus



55% Life Education Trust



24% Health Promoting Schools



20% EnviroSchools



12% 5+ A Day



10% Heart Foundation



4% Garden to Table



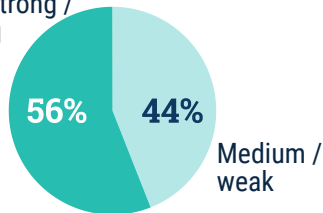
2% Other, e.g., school veggie garden

Culture, barriers and best practice

Culture around healthy eating

Respondents were asked to rate the culture of healthy eating at their school from very strong to very weak

Very strong / strong



Very strong = policies in place, strong healthy food practices, students and parents strongly support the kaupapa of healthy food in school, nutrition is integrated across the curriculum

Best practice examples



"We are taking on the school lunches and **developing into our curriculum** around Kai sovereignty"

Principal, low decile primary school



"**Hauora is the focus** of our Kura. Our aim is to have healthy kids who are connected to their culture"

Principal, low decile primary school



"Health programme educates about nutrition and healthy eating"

Teacher, mid decile secondary school



"We have strong guidelines for **brain food at 10am** and in some classes throughout the school day."

Senior Management, high decile primary school



"We are a **water only school**. We encourage students to bring water bottles with them and **model this**"

Teacher, high decile primary school



Banning lollies and soft drinks



Mara kai (vegetable garden)



Teachers modelling healthy eating



Using newsletters to communicate with parents

Other ways schools were promoting healthy eating

Barriers to a healthy food environment

1/4 of schools reported barriers to a healthy food environment



18%

Efforts undermined by **unhealthy food outlets** around the school, e.g., local dairy



18%

Resistance from **students**



14%

Resistance from **parents / whānau**



8%

Loss of **profits** from the sale of less healthy foods and beverages



8%

Lack of **choice** in the options provided by school food service (canteen)



6%

Lack of **convenience** and difficulty in preparing fresh foods on-site



4%

Other, e.g., **cost** of healthy food

Nourishing HB: He wairua tō te kai recommendations



Consider **fundraising** activities that **do not involve (unhealthy) food**



Communicate the findings of the study with the Board or PTA (if involved in fundraising)



Communicate nutrition policy with parents / whānau and make sure staff are aware of policies



Consider healthier options in canteens, especially when these are run by the school



Work with food outlets around school and the council to **increase the healthiness of food** on offer for students



Consider the **healthiness of lunch order systems** that your school subscribes to, e.g., through Lunchonline



Include **nutrition education in the curriculum** across all levels