

Food and Nutrition Policy

Policy

InZone Education Foundation will ensure that health eating is promoted and the food provided to our rangatahi is nutritional and meets the required standards.

InZone Education Foundation is committed to promoting healthy eating and nutrition and the provision of food that meets the required standards as outlined in the Education (Hostels) Regulations 2005.

Principles

The Chief Executive Officer will ensure that:

- (a) food is served in the hostel at such times, and in such variety, quantity, and quality, as to meet the boarders' nutritional needs; and
- (b) food is, when stored, prepared, and served, free of, and adequately protected against, contamination; and
- (c) an ample supply of potable water is available at all times to the boarders for drinking.

Procedures

1. The Chief Executive Officer will ensure that InZone complies with the relevant sections of the Food Act 2014, including the Food Control Plan.
2. The Senior Boarding Manager will ensure that:
 - (a) There is a range of healthy food available, including a choice of salads and/or fruit at selected appropriate meals
 - (b) A vegetarian/vegan meal option is available when this requirement is notified in advance of a meal;
 - (c) Menus are constructed monthly
 - (d) The consumption of foods high in fat, sugar or salt is actively discouraged.
 - (e) Carbonated drinks with a high sugar/caffeine content will only be available for special occasions approved by the Senior Boarding Manager
 - (f) No vending machines will operate on the premise.
3. Clean water will be available to rangatahi at all times through the drinking water dispensers that are located in the Dining Room and the kāinga.