

LUNCH BY LIBELLE



KIA ORA TE KAI

Lunch By Libelle is a school lunch service as part of the Ka Ora, Ka Ako healthy school lunches programme. This programme aims to reduce food insecurity by providing access to nutritious lunch in school every day.

In 2021, Lunch By Libelle will be providing nutritious school lunches to 30,000 students every day at 170 schools.

Kia ora te kai!

WHY HEALTHY KAI IS IMPORTANT

A healthy diet is essential for good health and nutrition. Children's tastes vary, and many may not be familiar with healthy foods. Supporting tamariki to explore these exciting new foods is fundamental to their personal development and the programme.



The best way to live a healthy life is to eat a balanced diet.



Healthy food will prevent future disease and sickness.



Eating well provides nutrients that your body needs to function.



Eating the right kai will give you more energy and alertness throughout the day.

'THE PATHWAY TO NUTRITION'

At Lunch By Libelle, we are on the Pathway to Nutrition, balancing familiar foods with introducing a wider range of unfamiliar foods. The Menu Development team is actively seeking suppliers who will supply real, wholesome food as close to its natural form as possible. Nutrient dense foods that provide the required nutrition to feel full, rather than food that doesn't satisfy their hunger.

BUILDING OUR MENUS

The Lunch By Libelle menu is presented as a 10 week pathway, based around a 4 week cycle structure. The term will start off with a simple presentation of the lunch that we know ākonga know and love. Over the term, as the 4 week cycle repeats, the same menu will gain additions such as extra broccoli on the side, or a teaspoon of refried beans in the wrap.

We aim to focus on volume and variety. Making sure that each meal has variety, so even if one menu item is rejected, ākonga will have other items they will eat. Sides like kumara rosti and corn fritters as an introduction to salad sides that may have a better uptake than salads, and we can continue the transition over term 3.

Phasing out of processed foods like chicken tenders and beef bites, to be replaced by nutrient dense variety of proteins including chicken, beef, beans, tofu, lentils, over time.

Nutrition is fundamental to wellbeing and educational outcomes. Offering foods from the four main food groups'; vegetables and fruit, breads and cereals, milk and milk products, and lean meat, chicken, seafood, eggs, legumes, nuts and seeds.

TRAFFIC LIGHT SYSTEM

To help plan menus that fit the Ministry of Educations guidelines, foods have been categorised based on their nutritional value. No red items should appear on the menu and menus should aim to be 75% green by term 4 2021.

GREEN ITEMS	AMBER ITEMS	RED ITEMS
<ul style="list-style-type: none">• Are a good source of nutrition.• Are the basis of a healthy diet.• Are generally lower in saturated fat, salt and added sugar.• Are mostly whole and less processed.• Come from the four food groups: vegetables and fruit, wholegrains, low fat milk products, and protein foods (legumes, seafood, eggs and meat with fat removed).	<ul style="list-style-type: none">• Are not part of an everyday diet.• May have some nutritional value.• Are often more processed.• In large servings, can contribute to consuming excess kilojoules/calories.	<ul style="list-style-type: none">• Have poor nutritional value.• Are high in saturated fat, salt and/or added sugars.• Can contribute to consuming excess kilojoules/calories.• Are often highly processed food and drinks.

DID YOU KNOW:

ONLY 44% OF CHILDREN AGED 2-14 GET ADEQUATE FRUIT & VEG

TRANSITIONING TO 75% GREEN:

At Lunch By Libelle we are working towards a 75% 'Green Items' menu.

There may be some resistance from children each time we introduce a change to the menu, but we believe through education and by balancing familiar foods while introducing a wider range of unfamiliar foods, students will learn to acknowledge, respect and enjoy healthy, nutrient dense food items.

EDUCATION IS THE SOLUTION



Research shows that when we get engagement and the feeding environment right, nutrition follows!



We encourage ākongā to try new foods and praise students for their efforts.



We encourage staff and parents to talk with ākongā about what foods are healthy and why.



We host FEAST Workshops (right) for schools, where our team speaks about healthy eating and nutrition.



'THE SCHOOL ENVIRONMENT'

We have learnt that the environment in which ākongā eat lunch can have a big impact on the success of school lunches. Schools and kura can think about the kaupapa behind what sharing a meal means for your school and what other educational learning you might include on healthy eating to complement the lunch programme.



We provide schools with information that they can share with their learners and whānau. Adults can set the tone for lunch time by providing teaching staff with information and rationale. This will support student engagement. This could be anything from a statement about the menu change and why it was made, to a staff and student engagement workshop.

The menu development team welcomes constructive feedback and the opportunity to have conversations about the value of nutritious foods and our role in educating our ākongā about making healthy food choices.

Please email menu@libelle.co.nz for more information or menu resources.