

Every life matters!



"Our choice for a healthy future"



NAURU SCHOOL FOOD GUIDELINES



FOREWORD

Almost every country in the world offers school feeding programmes because they support social needs and children's development through improved attendance, learning, and nutrition status. Students spend a large amount of time at school. This provides an ideal opportunity to support student health through a variety of strategies including a well-planned health curriculum, clean and safe environments, and healthy school meals.

Healthy diets contribute to student success because proper nutrition improves learning readiness and behavior, promotes overall wellness, and helps build healthy habits for life. The risk of non-communicable diseases (NCDs) in Nauru is high, and obesity rates are increasing. While data is lacking on nutrient deficiencies among children and youth in Nauru, school lunch programmes can provide a safety net and help meet nutrition needs. To accomplish this, programmes should meet dietary guidelines and offer a variety of healthy foods, safely prepared, and in reasonable portions.

The Ministry of Education and the Ministry of Health and Medical Services are committed to ensuring that the School Lunch Programme provides safe and healthy meals to the students of Nauru, to support good nutrition, prevent NCDs, and promote students' readiness to learn.

These guidelines will direct the preparation and delivery of safe and nutritious school meals, and the monitoring methods to ensure compliance.

The Nauru Ministry of Education and the Ministry of Health and Medical Services hereby adopt these guidelines. All school lunch caterers and vendors, and all food and beverages offered at school functions or fundraisers, are expected to meet these guidelines to promote health and wellbeing for the students of Nauru.

Honorable Pyon Deiyee MP
Deputy Minister for Health

Honorable Richard - Hyde Menke MP
Deputy Minister for Education

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Sitting (L-R: Ms Chanda.G.(Sec for Health), Hon Pyon.D.(D/Minister for Health), Hon Richard.M(D/Minister for Education), Ms Darina.K.(Sec for Education)

OVERVIEW

The Nauru School Food Guidelines are based on the “Pacific Guidelines for Healthy Living 2018.”

School caterers under contract with the Ministry of Education are required to:

- Follow these guidelines.
- Comply with the Nauru Food Safety Act regulations and complete appropriate food safety training.
- Obtain a basic understanding of healthy eating by completing a nutrition course or workshop such as a free online course approved by the Food Inspector. Caterers who participated in the 2017 training provided by FAO or the School Food Guidelines launch in 2020, have already met this criterion.
- Participate in ongoing education opportunities, as available.
- Participate in monitoring requirements.

What to serve daily

Every meal should have food from each of the three food groups in the proportions described.

- Energy foods like root crops, potatoes, breadfruit, rice, pasta, oats, and bread should be no more than half of the plate at a meal (or in a day). Include variety—do not serve any one item prepared in the same way more than twice per week.
- Protective foods including fruits and non-starchy vegetables should take up about one third of the foods on a plate (or consumed in a day). Examples are bananas, paw paws, pineapples, watermelon, leafy greens, broccoli, cauliflower, carrots, okra, capsicum, cabbage, pandanus, pumpkin, and eggplant. Include variety—do not serve any one item, prepared in the same way, more than twice per week. Frozen vegetables can be used. Look for local fruits and vegetables to increase availability and reduce cost.
- Body-building foods including fish, chicken, meat, dried beans, nuts, eggs and dairy, should make up the remainder of the meal (about 15% of the foods in a meal or day). Include variety—do not serve any one item, prepared in the same way, more than twice per week. Beans and legumes are cost effective ways to extend meat. Choose fresh local fish and seafood, and lean, unprocessed meats include non-meat body-building foods at least once per week. (This refers to unprocessed fish, chicken, meat—not processed meat as included in the occasional foods list. Definition of processed: “meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation.”)
- Beverages—Only water, fresh coconut juice or unflavoured, unsweetened milk should be available. Coconut or other non-dairy milk may be substituted for students with food allergies or intolerances.

School caterers should serve a variety of foods to provide different nutrients needed for healthy growth and balanced diets.

Foods served should be low in salt, fat, and sugar.

- Use sauces, butters, oils, mayonnaise, and cheese sparingly.
- Bake, stew, roast, boil, or steam instead of fry.
- Serve raw fruits and vegetables frequently.
- Look for opportunities to reduce fat, salt and sugar in favorite recipes.
- Use more herbs for flavor instead of salt-laden seasonings and sauces. Garlic, shallot, leek, onion, ginger, lemon, oranges, cinnamon, basil, parsley, cilantro, and turmeric are just a few examples of seasonings that contribute flavor without salt and are protective foods like fruits and vegetables.

Salt: Individuals should consume less than one teaspoons of salt per day from all sources of food. This is 2g of sodium. Salt is commonly found in processed foods, sauces, canned meats, soups and vegetables, salty snacks such as crackers and chips, and ready-to-eat foods. School foods should be low in sodium.

Fat: While fat is important to the diet, particularly for growing children, it is important to limit the total amount of fat consumed and particularly saturated fats.

- Avoid trans fats or partially hydrogenated oils.
- Foods should not be deep fried. Limit fat from animal and dairy sources such as lard, fat on meat, milk, butter, as well as other sources of saturated fat including coconut oils, coconut cream and palm oils.

Note that fried foods, noodles, potato crisps, pastries and baked goods are often high in saturated or trans fats. Better sources of fat include canola or olive oils, nuts or avocados. If a food has less than 10 g of total fat per 100 g of food and less than 2g of saturated fat per 100 g of fat, it's a good choice.

Sugar: Free sugars should be limited as it generally provides empty calories (energy without other nutrients).

Overall sugar consumption in Nauru is much higher than recommended. The most common sources of sugar are sweetened beverages and confectionaries. However, sugar is often “hidden” in processed foods.

The image shows a nutrition label for 'ลิ้นจี่ในน้ำเชื่อม' (Lychee in Syrup) by Thai Agri. The label is bilingual, with Thai text at the top and English text below. It includes two columns: 'Nutrition Facts' for the USA and 'NUTRITION INFORMATION' for Australia. The 'Nutrition Facts' column lists: Total Fat 0g (0%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 40mg (2%), Total Carbohydrate 26g (9%), Dietary Fiber 0g (0%), Sugars 26g, and Protein 1g. The 'NUTRITION INFORMATION' column lists: Energy (445 kJ, 106 Kcal), Protein (0.52g, 0.37g), Fat Total (0g), Carbohydrate (26.0g, 18.6g), and Sodium (38.5mg, 27.5mg). The ingredients list is: WATER, LYCHEE (40.7%), SUGAR, CITRIC ACID (E330), AS ACIDITY REGULATORS. The label also includes a 'BEST BEFORE' instruction, manufacturer information (THAI AGRICULTURAL PUBLIC COMPANY LIMITED), and a 'PRODUCT OF THAILAND' logo. A note at the bottom states: 'Food labels can be helpful in selecting healthier options. Note that the amount of a nutrient is based on the serving size stated which may be different than the usual portion size. Multiply if needed to understand what is being consumed.'

May Serve Occasionally

Foods that contribute high amounts of fat, salt and sugar should be limited. It is allowable to add an “occasional” item not more than once a week with these conditions.

- It is recorded on the menu/production form.
- It is not a sugar-sweetened drink including fizzy drinks, sports drinks, cordials, sweetened coffee or tea, or cordials.
- The meal served meets other guidelines by serving items from the three food groups and includes a vegetable.

Foods that may be served as an occasional food include.

- Canned and processed meat such as mutton, corned beef, spam, hot dogs, sausages or lunch meat. Definition of processed “meat that has been transformed through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation.”

- Sweets such as cake, muffins, fruit cobblers, cupcakes, or pie. Even when serving an “occasional food”, consider how to make the item as healthy as possible. Desserts with sugar can contribute nutrients if they contain fruit, nuts or oats compared to items that only contribute sugar such as fizzy soda or confectionaries.

Examples:

“To serve a dessert on Friday for a special occasion, instead of a bakery cake with ice cream, try a tropical fruit rice pudding, fruit smoothie, or a baked pineapple crunch with oats and nuts. Modify a favorite recipe. Can the sugar or fat in the banana bread be reduced?”

What Not to Serve

The following foods should not be served by the School Lunch Programme or at school events or functions.

- Sugar-sweetened drinks including fizzy drinks, sports drinks, cordials, sweetened coffee or tea, or cordials.
- Deep-fried foods including breads, doughnuts, meats.
- Pastry-based foods including sausage rolls and fish and chips.
- Ice cream, confectionary, ice blocks.
- Salty snacks including fries, chips, biscuits, twisties, uncooked noodles, cheese snacks, and fried peas.
- Candies, lollies, chocolates, or fudge.

Students with Dietary Restrictions

Caterers shall make reasonable adaptations to the school lunch for students with food allergies or dietary restrictions. Caterers shall discuss what types of adaptations may be unreasonable with the Ministry of Education before refusing to serve student meals.

Students shall inform the school during the enrollment process of the need for special diets which may include vegetarian, gluten-free, or specific foods that cannot be tolerated such as peanuts or eggs. Some students do not eat beef, pork or shellfish due to religious beliefs.

Considerations

1. Substitutions should be in the same food categories. If a student cannot eat beef, the substitution should be another body-building food such as beans, eggs, fish, etc.
2. Be careful of cross-contamination. Purchasing gluten-free bread is not helpful if you use the same knife and cutting board to cut it that you cut the other bread with.
3. Read labels carefully. If ingredients are unfamiliar, look them up. Allergens can be difficult to identify.

Fortunately, most food manufacturers are responsive to phone calls or emails requesting additional information.

Healthy Eating in the Pacific

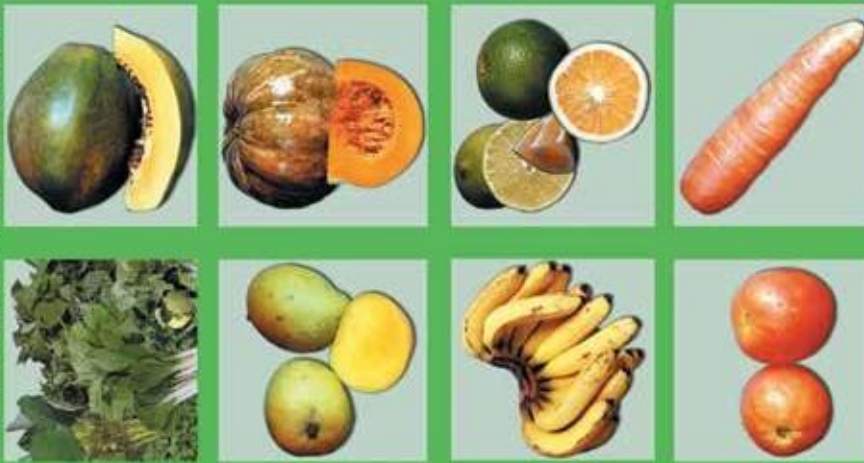
Energy Foods

- include in all meals; local are best.



Protective Foods

- include vegetables at two meals a day and have fruit as a snack.



Body-Building Foods








- eat twice a day.



Each day eat a variety of foods from the three food groups.



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Food groups and types of foods to choose	Amount to be eaten	Main nutrients they provide
<p>Energy foods – starchy staples <i>Energy food to choose:</i></p> <ul style="list-style-type: none"> - Locally grown root crops - Breadfruit, cooked green bananas - Whole grain breads - Brown rice <p><i>Energy foods to limit:</i></p> <ul style="list-style-type: none"> - Refined grains and cereals such as white rice, pasta, noodles, vermicelli and bread - Foods prepared with fats and sugar, e.g. biscuits and cakes <p><i>Energy foods to avoid:</i></p> <ul style="list-style-type: none"> - Processed and deep-fried foods - Sugar and free sugars¹⁰ - Sugar-sweetened beverages 	<p>Should make up half (50%) of all the food you eat each day</p> <p>Eat at least six portions each day</p> <p>Example of portion: 1 portion = fist</p> 	<p>Carbohydrates Vitamins Dietary fibre</p>
<p>Protective foods – all vegetables and fruits <i>Protective foods to choose:</i></p> <ul style="list-style-type: none"> - All fresh fruits and vegetables, locally grown - All frozen vegetables and fruits with no added sugar or salt <p><i>Protective food to limit:</i></p> <ul style="list-style-type: none"> - Canned fruit in juice is a good alternative if fresh fruit is limited. - Dried fruits with no added sugar or preservatives - Canned vegetables containing little salt <p><i>Protective foods to avoid:</i></p> <ul style="list-style-type: none"> - Canned vegetables - Dried fruits with added sugar or preservatives - Cordials and fruit drinks - Fruit juice and fruit juice concentrate² 	<p>Should make up one third (35%) of all the foods you eat each day</p> <p>Eat five or more portions each day</p> <p>Example of portions: Vegetables 1 portion = 2 cupped hands</p>  <p>Fruit 1 portion = 1 cupped hand</p>  	<p>Vitamins Minerals Dietary fibre Phytochemicals Antioxidants</p>
<p>Body-building foods – protein rich foods <i>Body-building foods to choose:</i></p> <ul style="list-style-type: none"> - Local, lean cuts of meat, chicken - Fish - Eggs - Dried beans and legumes - Nuts - Reduced fat milk and milk products <p><i>Body-building foods to limit:</i></p> <ul style="list-style-type: none"> - Meat with visible fat - Canned meat or fish with high salt content <p><i>Body-building foods to avoid:</i></p> <ul style="list-style-type: none"> - Processed meat – spam, canned corned meat - Corned beef/brisket in container, burgers, sausages, condensed milk, mutton flaps 	<p>Should make up one sixth (15%) of all the food you eat each day</p> <p>Eat at least one to two portions each day</p> <p>Example of portions: Meat 1 portion = palm of your hand</p>  <p>Nuts 1 portion = 1 cupped hand</p>  <p>Beans/legumes 1 portion = 1 cupped hand</p> 	<p>Proteins and essential amino acids Vitamins Minerals Fatty acids Fibre (from dried beans and nuts)</p>

Planning and Reporting

It is recommended that school food caterers, prepare a menu ahead. Creating several weeks of menus and using in cycles is a good way to ensure variety and help with efficient purchasing and preparation. Cookingspace, equipment, and storage for dry, fresh, or frozen ingredients will influence the menu development.

This document can serve as menu; meal count record, production record and when it is complete, it can be used as the catering invoice. The Ministry of Education may require additional documentation such as labor hours or receipts for foods purchased.

Documentation serves to show compliance with contract and to improve planning and purchasing.

- A menu describes what food is served and how it is prepared.
- A production record demonstrates how much was prepared and calculations to determine.
- A meal count shows how many meals prepared and how many served.
- Caterers should keep invoices/receipts of all purchased food and recipes used.

Menu One	Monday	Tuesday	Wednesday	Thursday	Friday
Energy Food	Example for 100 meals. Taro—baked; 25 kg.				
Protective Foods (at least one vegetable serving per meal and at least two fruit servings per week)	Cabbage Slaw 10 kg cabbage; 3kg carrots; 1 kg onion, 10 bunches cilantro. 18 kg oranges (one each).				
Body-Building Food	Fish baked with onions, oranges and lemons, herbs; 25 kg (before preparation).				
Other	1% milk—25 litres. (250 ml per serve). Rice vinegar & sesame oil dressing for slaw.				
Meals served expected/actual.	50/47				
Changes/notes/substitutions.	Students liked the meal. Ran out of fish.				

How Much to Prepare

To provide adequate meals and prevent waste, it is important to purchase and prepare the right amount of foods. This can be quite variable depending on both the food item and the method of preparation. For example, bone-in cuts of meat will require more weight to begin with. The weight of skin or peels, seeds, bones and other waste varies across foods. Caterers will find that these estimations will become easier with practice.

To qualify for payment, caterers must prepare an adequate meal that contains one serve of each food group for each person served.

Calculations should be based on the expected number of meals to serve. Here are some examples of how to estimate the amount of food to buy and prepare for 50 meals:

Energy Foods	Serving size	Equivalent	Prepare for 50 Serves	Buy for 50 Serves
Cassava/Potato/ Sweet potato	1 fist	1 cup	Varies by potato size, preparation method and waste (peelings) but estimate 1/5 kg to prepare 1 cup serving.	Buy 10 kg.
Rice	1 fist	1 cup	1 cup of uncooked rice becomes three when cooked. To prepare 50 cups of rice you need 17 cups of uncooked rice.	There are about 5.5 cups of uncooked rice per kg. Buy 3.2 kg of rice.
Pasta	1 fist	1 cup	Approximately 2 ounces (57 g) dry pasta to prepare 1 cup cooked serving.	Buy 3 kg pasta.
Other		One slice bread. 1 cup cooked grains such as polenta, oats, quinoa, etc.	Grains absorb different amounts of water in cooking so to get to one cup of cooked grain, you will need to determine how much uncooked grain. Package labels can often tell you this information.	
Protective Foods	Serving size	Equivalent	Prepare	Buy
Vegetables	2 cupped hands	1 cup	Varies widely by weight, preparation and waste. Examples: One kg of cabbage may provide about 10 cups shredded raw cabbage. Lettuce yields about 11 serves per kg.	Depends on waste of skin, seeds, etc. Buy 5 kg cabbage. Buy 5 kg lettuce.
Fruit	1 cupped hand	1/2 cup or 1 piece of fruit - apple, orange, small banana or	Varies by weight and waste. Examples: One kg of grapes may provide about 4 cups.	Buy 6.5 kg grapes.
Body-Building Foods	Serving size	Equivalent	Cook	Buy
Meat, fish	Palm of hand	100 g. raw; less after cooking.	Varies widely depending on cut of meat, bone, gristle, skin and fat. Boneless, skinless chicken breasts should provide 10 servings per kg. One kg of fish may only provide 5 servings after preparation.	5 kg boneless, skinless chicken. Or 10 kg whole fish.
Beans or legumes	Cupped hand	1/2 cup	1 cup of dry beans cooks to 3 cups of cooked beans. 1 kg dry beans become about 13 cups of cooked beans. Cook 9 cups of beans.	Buy 2 kg. dry beans.
Eggs			Two eggs are considered a serve.	Buy 13 dozen eggs.

Before authorizing payment, the document will be reviewed by Ministry of Education for:

- Completeness of information.
- To qualify for payment, caterers must prepare an adequate meal that contains one serve of each food group for each person served. Cross-check with menu and production record, review receipts for food purchase for catering. Example—if preparing food for 50 students and the vendor used 2 kg of green beans, that would not provide an adequate serving of vegetables.
- Non-allowable foods.
- Frequent occasional foods and/or frequent high-fat, high-salt, or high-sugar items.
- Variety. If rice is served every day that does not meet the guidelines.

In the example above, the caterer would submit an invoice requesting payment for 250 meals prepared at \$4 per meal = \$1,000.

Reviewer of invoice may approve the sample above and note the violations.

However, to ensure compliance, MOE may choose to reduce meal compensation by \$1 per violation.

- Example:
- A. Missing fruit on one day; subtract 50 meals x \$1 = \$50.
 - B. Served sugar drink with lunch on Friday = 50 x \$1 = \$50 subtract from payment.
 - C. Only 25 students got tuna burgers on Friday (ran out) - only pay for 25 meals.
 - D. Subtract 25 meals x 4 = \$200.

If needed audits can be conducted as part of inspections. For example: a vendor is serving small portions or runs out of food. Compare amount prepared totals to food provided.

Meal counts serve to predict future needs and adjust preparation to avoid waste.

Flexibility is encouraged to adapt to challenges; however, if caterers are consistently failing to meet guidelines, corrections should be made.

Examples of challenges:

Bananas got overripe so made them into banana bread.

An order didn't come in, so the vendor substituted made a frittata with eggs, vegetables and cheese and toast instead of chicken a la king with rice—both meals included all three food groups.

Noodles not available, served rice instead, even though it was three times in a week.

Violations of food safety can risk student health and should be addressed immediately and reported to Ministry of Health food inspector.

Food Safety

All food vendors must receive inspection, training and licenses and comply with inspections as required by the Food Act of 2005 and follow food safety principles described in the Act. This includes preventing contamination of food and ensuring safety and sanitation by proper storage, preparation, and handling.

- Time and temperature controls to ensure stored food are kept at proper temperatures to prevent food borne illnesses. Keep hot foods hot and cold foods cold. Discard food that has not been kept in the proper temperature and/or that has exceeded time limits.
- Avoid cross-contamination of raw and cooked foods.
- Maintain cleanliness of people working with food and environments of food storage and preparation.
 - Practice proper handwashing.
 - Do not allow sick people to work with food.

Rules for Students

The school campuses are closed, and students are not permitted to leave the school campus at lunch time to purchase food.

Nauru school students are encouraged to eat the provided school lunch. However, they have the option of bringing their own lunch. Students bringing their own lunch to school are encouraged to bring healthier meals that include the three food groups.

The following foods are not to be brought to school.

- Drinks other than water or unsweetened/unflavoured milk.
- Deep-fried foods including doughnuts, fish, and chips.
- Pastry-based foods including sausage rolls, pies.
- Ice cream, confectionary, ice blocks.
- Salty snacks including fries, chips, biscuits, twisties, uncooked noodles, cheese snacks, and fried peas.
- Sweets, home-made or purchased including cakes, candies, lollies, chocolates, or fudge.

Special Events

Special occasions such as student birthdays, holidays, fundraisers, and sporting events shall follow the school food guidelines. Special events may allow for a celebratory dessert such as a cake or ice cream, not to exceed once per month and must be approved by the principal. Schools may choose a day in the middle of the month to celebrate all the birthdays together. Sugar-sweetened beverages will not be permitted at any time.

Teachers are encouraged to use non-food rewards for student incentives and accomplishments such as stickers, erasers, extra recess time, or other appropriate items.

Marketing

Marketing, advertising or sponsorship of any food or beverage is prohibited on all school grounds and at all school events.

Tuck Shops

Any vending on school property or at school functions, during or outside of the school day, must follow the food guidelines. Occasional foods must not account for more than one quarter of the Tuck Shop offerings.

For example, if the Tuck Shop serves cakes or processed meat sandwiches, then for each of these items there must be three available choices of “what to serve foods.” The healthier options must not cost more than the healthy option.

Tuck shops should sell healthy food items for students. Ideas include:

- Fruits-fresh sliced, fruit salad, or fruit smoothies (made from real fruit not a sugary mix).
- Baked or boiled root crops.
- Tuna or egg sandwiches; or bean or veggie wraps; or roti parcels.
- Air popped popcorn. Limit added salt and butter.
- Nuts.
- Fresh coconut juice, sparkling water, other sugar free drinks.
- Vegetables or salads.
- Cooked noodles with added vegetables.

Tuck shops may not serve:

- Sugar-sweetened drinks including fizzy drinks, sports drinks, cordials, sweetened coffee or tea, or cordials.
- Deep-fried foods including breads, doughnuts, meats.
- Pastry-based foods including sausage rolls and fish and chips.
- Ice cream, confectionary, ice blocks.
- Salty snacks including fries, chips, biscuits, twisties, uncooked noodles, cheese snacks, and fried peas.
- Candies, lollies, chocolates, or fudge.

Roles and Responsibilities

Ministry of Health

- Approves food licenses and inspects food businesses before contract is issued
- Collaborates with Ministry of Education to create school health curriculum and to convene a parent/student advisory committee to engage families in improving the food environment.
- Provides nutrition education regularly to parents, teachers, caterers, vendors and community through dietitian-led workshops and classes.
- Teach food safety to food service workers; basic nutrition principals, menu and substitutions, and dietary guidelines, deciding how much to prepare; using standardized recipes (if that is the decision).
- Conduct quarterly spot checks at 10% of schools. Check
 - Does the menu/production record/meal count on the paper match what is happening?
 - Are there any food safety violations or concerns?

Ministry of Education

- Budgets for school lunch program.
- Create contracts with caterers to serve school lunches in each district to include school food guidelines and food safety compliance; contracts include payment adjustments and potential cancellation of contract if guidelines not followed.
- Reviews and approves food vendor invoices or declines if they do not meet guidelines and contractual agreements (finance department). May elect to reduce payment if meals do not meet guidelines.

School Principals and Staff

- Eat school lunch with students. Encourage healthy eating. Do not eat outside food or not-allowed foods at school.
- If meals are not meeting guidelines, discuss with caterer and then inform the contracts manager.
- Coordinate logistics for lunch delivery timing with school schedule, arrange for a pleasant eating environment for students that promote enjoyment of meals and social connections, ensure handwashing is available and encouraged before eating and ensure access to safe drinking water.
- Teach health and nutrition curriculum and find opportunities to tie food service and nutrition education together for increased impact. Examples-students work in school gardens to produce food for kitchen, students taste-test menus, students develop nutrition posters for school.
- Promote healthy food everyday and with celebrations. Try fruit smoothies instead of cake and ice cream for special occasions. Try boxes of oranges or grapefruits for fundraisers instead of candy bars.
- Ensure that no food or beverage marketing, advertising or sponsorship happens on school property or at school events.

Food Vendors and Caterers

- Provide healthy lunches for students following guidelines and food safety regulations.
- Maintain and submit complete reports (menu/production records/meal counts, receipts and invoices) in timely manner.
- Be committed to student health and ongoing improvement in school lunch.

Students, Families and Friends

- Provide feedback and participate in wellness committee including helping to identify acceptable and healthy options for students.
- Follow school food policy to leave unhealthy outside food out of the school environments.



NAURU FOOD GUIDELINES

ANNEX A - Food Safety Act

All food business in Nauru are required to comply with the Food Safety Act. The following excerpts describe the food business obligations.

REGISTRATION OF FOOD BUSINESSES' PREMISES 9.

1. All food businesses' premises shall be registered with the Department of Health before initiating operations.
2. The Department of Health shall maintain a Register of all Food Premises in accordance with subsection (1) and the Register shall record the minimum frequency of inspection required in accordance with Section 22, the date of the last, and all inspections undertaken, and any other information as required by the Director of Health or the Minister.
3. In obtaining a licence under the Licences Ordinance 1922-1967 or equivalent legislation, a food business' premises shall be inspected by a food inspector prior to the licence being provided and the business initiating operations.
4. Notwithstanding a business being in possession of a licence provided by the relevant licensing authority, no food business shall initiate operations until it meets the requirements of this Act and its regulations and standards.
5. A license, or a true copy of it, relevant for the particular food business and current for the period of operation, shall be displayed in all premises covered under this Act.
6. Notwithstanding subsections 9 (1-5), charity and community food business operations shall be deemed to have met the requirements of this section by informing the Department of Health of their intention to operate before starting operations.

TRAINING OF FOOD HANDLERS 10.

1. All food handlers shall, prior to starting work in a food business, be required to have undergone training offered by the health authorities or by a training organization accredited by the health authorities for such training.
2. Charity and community food business operations shall be provided a food handler information sheet by the Department of Health when the business informs the Department of Health of their intention to operate under subsection 9(6).
3. Food handlers involved in charity and community food business operations shall have read and shall follow the training guidance provided under subsection 10(2).

HEALTH OF FOOD HANDLERS 11.

1. All food handlers shall, prior to starting work in a food business, be required to have undergone medical screening tests prescribed by the Director of Public Health.
2. All food handlers shall, be required to have annual medical screening tests prescribed by the Director of Public Health. (3) No person shall be employed as a food handler if they have not been cleared by the medical examinations under sub-sections (1) and (2).

FOOD SAFETY OBLIGATIONS 12.

1. Operators of food businesses have an obligation to put in place procedures as prescribed by this Act and its regulations to ensure the safety of food processed, handled, stored, displayed or sold by the business.
2. Notwithstanding subsection (1) operators are obligated to take any additional precautions necessary to ensure the safety of food produced, processed, handled, stored, displayed or sold by the business.

SPECIFIC FOOD SAFETY OBLIGATIONS IN FOOD BUSINESS OPERATIONS 13.

1. A food business shall inspect food upon purchase and receipt and reject food:
 - (a) Where it is after its expiration date;
 - (b) Where packaging is found to be damaged;
 - (c) If it contravenes any requirement of this Act and its regulations and standards.
2. A food business shall:
 - (a) Protect food from pests at all times and dispose of any food where pests are found to have come into contact with the food;
 - (b) Not permit the storage or handling of food on the floor at any time;
 - (c) Separate raw meat, fish and poultry from ready-to-eat food at all times;
 - (d) Keep raw meat, fish and poultry at 5°C or less;
 - (e) Maintain frozen food at -12°C or colder;
 - (f) Where it sells cooked food, cook that food thoroughly upon demand and not hold cooked food for sale, unless that hot food is held at 60°C or above.
3. Notwithstanding subsection (2), where it is not possible for charity and community food business operations to hold food at temperatures in accordance with subsections 13(2)(d) and 13(2)(f), they shall not hold raw food at more than 5°C or cooked food at less than 60°C for more than 4 hours.

GOOD HYGIENIC PRACTICES 14.

Food businesses shall apply good hygienic practices at all times in the producing, processing, storing, handling, displaying and selling of food.

LABELLING REQUIREMENTS 15.

1. Packaged food, other than food that may be exempted from this section by regulation, shall bear a label that states:
 - (a) The name under which the product is to be sold;
 - (b) The nature of the food;
 - (c) The list of ingredients;
 - (d) The net weight, true measure or volume of contents;
 - (e) The name, address and other contact information of the manufacturer or importer; and
 - (f) Any other particulars prescribed by regulations and standards under this Act.
2. Any information required under subsection (1) must be provided in the English language in a manner that is easily visible and likely to be read and understood by an ordinary consumer under customary conditions of purchase and use. (3) Charity and community food businesses are exempted from the requirements of subsection (1) but shall provide information about the ingredients in the food, and/or other particulars as may be prescribed by regulations or standards under this Act, whenever requested.

EXPIRATION AND “BEST BEFORE” DATES 16.

1. Food that carries an expiration date or is required by regulations under this Act to carry such a date shall bear the expiration date in a manner that is easily visible and likely to be read and understood by an ordinary consumer under customary conditions of purchase and use.
2. Food that carries a “best before” date or is required by regulations under this Act to carry such a date shall bear the date in a manner that is easily visible and likely to be read and understood by an ordinary consumer under customary conditions of purchase and use.

OBTAINING FOOD FROM CLOSED AREAS 17.

1. If the Director of Public Health is of the opinion that any food or any specified class of food if cultivated, taken, harvested or obtained in or from a specific area may be dangerous or injurious to persons consuming the food, the Director of Public Health may by order prohibit the cultivation, taking, harvesting or obtaining of the food in or from that area.
2. If a prohibition order made under subsection(1) is within the jurisdiction of any other department, the Director of Public Health must consult the department before making an order under subsection (1).
3. The Minister, if it is necessary in the public interest, may exercise the power conferred on the Director of Public Health by subsection (1).

PROHIBITED PRODUCT 18.

1. If in the opinion of the Director of Public Health there is a public health concern, the Director of Public Health may, by order, declare any food a prohibited product.
2. A food declared as a prohibited product under subsection (1) shall be prohibited from being imported, produced, prepared, stored, displayed or sold.
3. The Minister, if it is necessary in the public interest, may exercise the power conferred on the Director of Public Health by subsection (1).

The full act may be found at <https://www.wipo.int/edocs/lexdocs/laws/en/nr/nr008en.pdf>.



NAURU FOOD GUIDELINES

ANNEX B - Payment Approval

Ministry of Education designee will review caterer invoices prior to approval to manage compliance with food guidelines.

- Is the documentation incomplete? (menu/production record/meal count, receipts).
- Are any non-allowable foods served? (compare to list).
- Are any meals missing vegetables?
- Does any week have fruit served less than two times?
- Do the amounts prepared appear inadequate? (Select two items from different food groups on different days to calculate.)
- Is there lack of variety? (Example, rice served four days of the week).
- Are any meals missing food from a food group?

If any of these boxes are checked, proceed to determine:

- First three violations (in contract period), caterer will be paid in full but notified of violation and reminded to comply. Help the caterer understand the requirements.
- Next three violations, caterer payment will be reduced by \$1 per violation (no vegetable X 50 meals=\$50 reduction). Help the caterer understand the requirements.
- After six violations, caterer may be given notice that the contract may be cancelled.
 - The Ministry of Education has discretion to maintain contract if necessary, to sustain meal programme and may set other conditions in place—example, menus may need prior approval.

Summary

- Invoice approved.
- Invoice approved with conditions.

Other comments:

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Signature Reviewer

.....
Date

ANNEX C - Monitoring

Once per term, the Ministry of Health Food Inspector shall inspect 10% of the school meals sites (schools). The food inspector shall arrive unannounced at lunch time, check in with the school office and then proceed to where the school lunches are being served and complete the following checklist.

The Food Inspector shall visit 50% of Tuck Shops during the term. Ministry of Education may elect to close any Tuck Shop that violates the food guidelines more than three times per school year.

Date:

Time:

School:

Caterer:

Observe lunch being served; count number of meals served; review documentation (menu/production record/meal counts). Ask caterer questions to clarify concerns.

- Is any part of the documentation incomplete or inaccurate? (Example: It says there is a vegetable but there is not; or there is clearly less food than documented).
- Are any unallowable foods or beverages being served?
- Food safety violations are observed. Explain:
- Any concerns? Examples—unpleasant eating environment, food of poor quality, food being wasted, meal counts very different from usual...)

Notes/recommendations:

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Examples:

- Caterer in compliance. Food looked great and students were enjoying it.
- Food safety violation noted. Caterer provided with education. Will re-check next month.
- Meals inadequate—only meat and rice served with sugary drinks. Recommend Ministry of Education follow violation process regarding payments and contracts.

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Food Inspector

School Tuck-shop Inspection Report

Name of school:	Food permit is current/displayed: Yes / No Food permit is
Food handlers medically cleared: Y/N	Name of person cooperating during inspections:
Undergone 'food handler's training' : Y/N	
Number of food handlers :	
Tuck-shop risk category:	Date of inspection:
(a) High (b) Low	Date of last inspection:

No.	Item	Rating
1.	Floor, walls & ceiling constructed so they are easy to clean and are clean	
2.	Lighting and ventilation are adequate	
3.	Time/temperature of food control is observed	
4.	Stored/displayed food is labelled	
5.	Equipment/utensils/cutting boards/wiping cloths are clean/sanitized	
6.	Water supply & ice is safe, drinking-urn, and cups are clean	
7.	Food preparation bench & table surfaces are smooth and clean	
8.	Good hygiene practices are observed by food handlers	
9.	Overall food safety observations in tuck-shop	
10.	Follows food guidelines for allowable/non-allowable foods.	

Remarks:

Recommendations:

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Food Inspector

ANNEX D - Non-Food Celebrations

Birthdays, holidays, rewards are all fun to celebrate at school. However, they can become problematic. The frequency of special occasions seems to continually increase until there are more days than not, with celebratory foods. This can work against the goal of healthy food for healthy students and may even reduce participation in the school lunch programme.

There are other ways to celebrate special occasions and special children, and other ways to reward attendance, participation or achievement.

Ideas

- A birthday child can have special leadership tasks on their birthday such as sitting near the teacher, leading the lunch line, choosing the recess games or other special recognition. Students may get to wear a special crown or cape on their birthday.
- Parents can send other special items to share with the classroom instead of cake and ice cream. New pencils or erasers for everyone; small balls, stickers or toys, or donate craft supplies for a special projector read the student's favorite book to the class followed by singing happy birthday.
- Teachers can organize monthly birthday celebrations where students and families bring in "all about me" poster boards or students can write a report on how birthdays are celebrated in another country.
- Rewards can be sitting with the teacher or principal at school lunch; a coupon for "free time" or "skip homework."
- Ask the students for ideas.

i World Food Programme (2013) State of School Feeding Worldwide

ii Kristjansson B, Petticrew M, MacDonald B, Krasevec J, Janzen L, Greenhalgh T, Wells GA, MacGowan J, Farmer AP, Shea B, Mayhew A, Tugwell P, Welch V. School feeding for improving the physical and psychosocial health of disadvantaged students. *Cochrane Database of Systematic Reviews* 2007, Issue 1. Art. No.: CD004676. DOI: 10.1002/14651858.CD004676.pub2

iii Ministry of Health and Medical Services Nauru and World Health Organization (2015-2016 STEPS).

iv Global Nutrition Report (2018) <https://globalnutritionreport.org/resources/nutritionprofiles/oceania/micronesia/nauru/> accessed 5 February 2020



