



Principal Karen Morgan.

TAITA COLLEGE

FIRST IN NEW ZEALAND TO OFFER GIFTED HEALTHY NUTRITIOUS LUNCHES FOR EVERY STUDENT – A DREAM COME TRUE!

One of the biggest dreams I ever had when becoming a Principal was that in my ultimate school I would be able to provide every student with a healthy decent lunch each day. I would often talk about it and discuss openly the correlation between eating well and improved achievement and success. Eating both healthy and nutritious food is critical for all students to excel and reach their potential as active learners. When students have a decent lunch, they then have the energy to concentrate, focus and perform at their very best – it's not rocket science; healthy, nutritious, brain food = Success!

I am certainly in my ultimate school at Taita College, as my dream is now about to become a reality - and this is very exciting! As of Term 2 this year we are going to be the first school in New Zealand to offer a gifted lunch programme to every student in the school in partnership with Libelle our canteen provider.

Last year I worked alongside the Junior Executive Student Leadership team to start thinking about the food in the canteen, prices, accessibility and we brainstormed what we felt was necessary and important for all students to have in the canteen. We were concerned prices were too high when competing with local businesses, so we needed to find a way to make eating healthy food in our canteen a priority. As a student leadership group they have had an instrumental part in sharing their thoughts and ideas to help steer the direction we have now taken, with "wellbeing" as the major focus. Thanks to their input changes were made in Term 1 with the knowledge that in Term 2 we would be able to start and launch our gifted lunch programme. Student voice has been strong and inspirational.

What does this mean for us as a school? It means every day from Term 2 onwards every student in the school will be able to receive a gifted lunch in the canteen. There will be a choice of two types of different lunch packages each day, but each lunch will essentially include (1 x either a sandwich, or a bread roll, or a wrap, some dumplings, or a burger - one of those options), but also 1 piece of fruit, 1 muffin, and a choice between



Taita College Principal Karen Morgan and Regional Manager for Libelle Jaimie Taouma preparing for the gifted lunches initiative starting Term 2.

either a yoghurt or a plain milk drink in the lunch package. This normally costs \$6.00 per lunch – so there will be no cost to the student at all. We are also actively encouraging all students to bring their water bottles and to fill this as their main healthy liquid for the day.

Wellbeing is a focus for us as a school, and this new initiative is fundamentally important to support a holistic approach to health, fostering resilience, and preparedness to learn. As a school we are most appreciative of Libelle and their partnership they have formed with us. They are an outstanding team to work alongside, as like us they are passionate about installing in our youth the importance that healthy food leads to future success.

Of course as we all know nothing is free in life, so the Libelle Company will be and have already sought sponsorship in order to make this happen. Libelle hope to start with three schools this year, and then increase over time. This will cost about \$2 million dollars just to cater for lunches everyday for all students in those three schools so there is a real commitment needed from companies across NZ with sponsorship to make this work. Libelle's mission is to "see healthy, nutritionally balanced lunches in the bellies of every young person in New Zealand!"

Libelle is a school food service provider which not only offers New Zealand schools a necessary service but runs with a focus on healthy eating innovative thinking and getting students fed. Created by Chef Johannes Tietze, this purposeful organisation has been developing and evolving over the past 15 years to a point where it now leads the country in school food service and innovation.

Libelle Groups - Eat Smart, Heart Foundation endorsed menu, will see the whole menu closely reviewed, monitored and meet the Heart Foundation's 'Fueled 4 Life' standard. Their menu is one of the healthiest menus within schools across the country.

Libelle Group is committed to change and wants to see lunch in the hands of every hungry learner across the country! The following lunch gifting partnership programme will see lunch in the bellies of thousands of students across the whole country. With the help of you, this programme will change the world.

"We want to see the future leadership of New Zealand flourish and perform as they should be."



Our Eat Smart menu is Fueled 4 Life - Fresh Made approved and endorsed by the Heart Foundation.



We are an eco-conscious company using only sustainable food service packaging.



We work with the Diabetes Projects Trust to coach students towards making the healthiest choice.



We work with the students on continuously developing nutritious school food.

"We want to see the future leadership of New Zealand flourish and perform as they should be."

Exciting times ahead!
Another magic moment for us as a college.

Karen Morgan
Principal