MAKE HEALTHY FOOD THE EASY CHOICE AT SCHOOLS AND EARLY CHILDHOOD DEVELOPMENT (ECD) CENTRES

NATIONAL NUTRITION WEEK 2026 • Creating Healthy Food Environments for Better Nutrition •

What is a school food environment?

A school food environment is everything around school children that influences the food they have access to, see, choose and eat.

Health
Basic Education
Social Development

What is a healthy school food environment?

One that makes healthy, safe, and affordable food easier for children to access and choose.

What can schools and ECDs do?

- **Provide nutritious meals and snacks:** Offer a variety of vegetables and fruit, whole grains such as sorghum and brown bread, and protein-rich foods such as lentils, pilchards, eggs and chicken livers
- Make water the drink of choice
- Encourage healthy lunchboxes
- Support school and ECDs food gardens
- Support Breastfeeding-friendly ECDs
- Limit the availability of unhealthy foods and drinks.
- Do not allow advertising or marketing of unhealthy foods and drinks to children
- Teach children healthy eating from an early age
- Introduce children to local indigenous and traditional foods through healthy school meals, snacks and nutrition education
- Partner with parents and caregivers to reinforce healthy eating.

Ask yourself:

What can our school or ECD do to make healthy food the easy choice for children?