

DGBS - Food guidelines

The DGBS is a school that promotes the healthiest practices possible, and this includes food. The food we eat affects how we think, act and feel.

Drinks: Please limit drinks to water.

Healthy Food: Foods that promote physical, mental and emotional health include animal & plant protein and natural fats (the less processed the better). Examples are:

- eggs (boiled eggs are excellent for maintaining energy and focus)
- seeds and nuts
- nut butters
- cooked meats in a thermos
- tinned salmon or sardines
- bone broth
- dried meats

Fats are necessary for healthy brain function and also to give power – and reduce cravings for carbohydrates (which are the source of many common illnesses). Examples of healthy fats:

- in meats, fish and eggs – the more fat in meat, the better! (that's why so many people love bacon)
- from beef bones
- in seeds and nuts, nut butters
- in avocados
- from oils such as coconut oil and olive oil
- in milk, cheese, yoghurt and butter

If making a sandwich, put some kind of fat in it.

Other healthy foods:

- carrots
- celery
- hummus
- cooked or raw vegetables
- hot soup/stew in a thermos
- fermented vegetables (such as kimchi or sauerkraut)
- tempeh (fermented soybeans)
- fruit – so many to choose from!
- Pasta, rice, kumara, potato
- beans (such as pinto, butter beans or black beans)
- lentils and split peas
- chickpeas
- porridge
- popcorn
- low-sugar baking
- dark chocolate (moderate amounts)

Unhealthy Foods: Some “foods” contain ingredients which negatively affect our minds, how we feel and our overall health. These are high-sugar foods and highly processed foods. They include high amounts of sugar, preservatives, food colouring, monosodium glutamate (MSG) and countless other synthetic chemicals.

Another negative affect of these foods is that since students learn from other students, we don't want our students – especially younger ones – learning unhealthy habits.

The below list includes the more common high-sugar and processed foods. The list is not exhaustive.

Please do not send students with:

- 'energy' drinks, fizzy drinks and fruit drinks
- drinks other than water
- lollies, chocolate bars, muesli bars (which are glorified candy bars, full of sugar)
- fruit leathers
- any high-sugar items such as cookies, cakes, sweet buns, doughnuts
- high-sugar spreads such as Nutella
- highly processed chips and crackers such as: Shapes, Le Snacks, Biguns, Burger Rings, Corn chips, Vege chips, Cheese balls, Cheezels, Rashuns, Munchos, Twisties, or anything similar
- chewing gum

Trapping and Hunting: By attending the DGBS, be aware that some students may trap or snare possums and rabbits, butcher and skin them, and cook them when the animal is healthy.

There is no requirement to participate in this. All taking of life will be done with the utmost respect and follow humane protocols and animal welfare. Safety practices are based on the Ministry for Primary Industries' Food Safety for Hunters.

Wrappers: Please do not send students with any food in a plastic wrapper. These foods are usually not healthy, and the wrappers end up on the ground, in the stream or blowing around in the wind. If a food item does have a wrapper, please remove the wrapper and put it in the rubbish at home before placing it in a lunchbox.