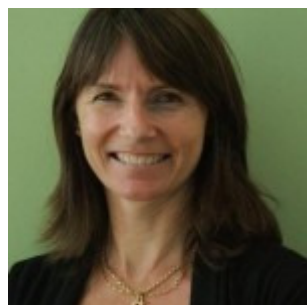


A School's perspective: Windy Ridge School

Source: ezlunchblog.co.nz

At ezlunch our philosophy is to give kids healthy nutritious food... using the ingredients that we love, to make food that kids love to eat. That's easy to say, but what do our Principals and parents think?



ezlunch roving reporter, Caroline Hudson recently sat down with Windy Ridge School Principal Brenda McPherson to discuss how ezlunch helps her school live out its commitment to healthy food and nutrition.

First up for Brenda, is the convenience of the system from an administrative point of view. "There is NO admin time," she states emphatically. "We regularly receive a high quality, hygienic, reliable service that offers huge benefits to our school."

Brenda raises a valid point – in the past, school 'tuck shops' have been run by volunteer parents who use school facilities and provide basic food choices. These choices have been passed down from provider to provider with little consideration given to the nutritional needs of the children. This system resulted in manning issues, ordering issues, never-ending lunch-order paper trails, cash handling nightmares and often, less than appetising food.

With ezlunch, all that is in the past. Orders are prepared by catering professionals off-site and delivered to the school, packaged in bags labelled with student name, room number and order description. The child then collects their lunch from the school office. No queuing, more play-time – easy!

Unsurprisingly, key research shows that consumption of healthy nutritious food at school sets children up for a great afternoon of focused learning. But according to Brenda, the ordering system offers benefits that go beyond nutrition. The system is so simple that the kids can do their own ordering. 'Everyday' and 'Sometimes' food icons on ezlunch menus help the children to take responsibility for their own food choices. So there's a learning outcome too.

When we asked Brenda what single thing she would pass on to principals at other local schools, she simply said "the ease of it". As far as Brenda's concerned, there is no better way for schools to offer efficient, healthy school lunches.

