

HEALTHY FOOD & DRINK CHOICES POLICY

Consistent with our ideal of providing a truly holistic education, we include environmental awareness as well as physical and health education

(In the Footsteps of Marcellin Champagnat #137)

1. Rationale

Students at Newman College are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. Newman College encourages students to make healthy choices for their lives including healthy food choices.

Catholic schools have a legislative responsibility to provide appropriate levels of care to students in the education environment.

2. Definition

This Policy relates to all food and drinks offered by our College canteens and on all school related activities.

3. Scope

All Students, Years K-12.

4. Principles

- 4.1. A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents and the broader community about the value placed on human life
- 4.2. It is important that parents, staff members and students work together to support a whole school approach to building a College culture in which students actively choose nutritious food and a healthy lifestyle
- 4.3. The College canteens shall serve the College community with nutritional food at affordable prices
- 4.4. Food and beverages dispensed from the College canteens shall complement the nutrition knowledge taught in the classroom and assist in the promotion of a culture of healthy eating
- 4.5. The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices
- 4.6. School communities and others supplying food in schools comply with the CECWA Occupational Safety and Health in Schools policy in order to provide safe handling, preparation and serving of food
- 4.7. School communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.



5. Procedures

- 5.1. Schools, in consultation with their school community, including canteen staff, volunteers and other interested members of the school community, shall develop a culturally inclusive school based Healthy Food and Drink Choices policy which references the Anaphylaxis Management Guidelines for Schools
- 5.2. School principals shall ensure that appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention
- 5.3. School canteens and vending machines shall promote a wide range of healthy and nutritious food and drinks and follow the minimum standard required to ensure that menus follow the 60% 'green' and 40% 'amber' food and drinks, according to the traffic light system in Appendix C of the Department of Education Healthy Food and Drink policy
- 5.4. Schools providing food and drink choices other than through school canteens and vending machines shall promote a range of healthy and nutritious food and drink
- 5.5. The Star Choice Program, which is a register of all products that meet minimum nutrient criteria for food type, is recommended as a resource for planning menus and making decisions about serving sizes
- 5.6. The Western Australian School Canteen Association and local health professionals can provide advice to schools on menus and products suitable for use in schools.

Associated Documentation

- Catechism of the Catholic Church, page 364
- The Department of Education Healthy Food and Drink Choices in Public Schools
- Western Australian School Canteen Association 'The Star Choice Program available at www.waschoolcanteens.org.au
- Occupational Health and Safety Policy
- Canteen menus, as developed from time to time