

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)*

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.

Definition

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

Scope

All Students, Years K-12.

Principles

- 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.
- 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.
- The College canteens shall serve the College community with nutritional food at affordable prices.
- 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.

Procedures

\\files.newman.wa.edu.au\work\Management\Publicity\Website\Policies\New\Healthy Food & Drink Choices.docx
Policy Developed 2011
Review Due 2017

1. Newman College canteens shall comply with the CECWA Policy 2C14 OSH in schools in order to provide safe handling, preparation and serving of food.
2. Newman College canteens shall follow the minimum standard required under the Department of Education and Training *Healthy Food and Drink Choices in Public Schools*.
3. Principles of this Policy and Procedures, outlined above, will also apply to College Camps, Excursions and other activities.
4. There will be certain celebratory occasions when common sense and discretion provides for 'party' type food and drinks to be served.

Associated Documentation

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