



HEALTHY FOOD AND DRINK CHOICES POLICY

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Due for review: 2020

RATIONALE

The human person, though made of body and soul, is a unity... The human body shares in the dignity of the image of God: it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit.

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

SCOPE

This policy applies to all Catholic schools.

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 school culture in which students actively choose nutritious food and a healthy lifestyle.
- The College canteen serves the school community with nutritional food at affordable prices.
- Healthy canteen choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that can extend into the wider family and community.
- The College accommodates alternate food selection on Feast Days.
- The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.
- The College canteen complies with the Catholic Education Commission of Western Australia Policy Statement, 2-C14 'Occupational Safety and Health in Schools' in order to provide safe handling, preparation and serving of food.

PROCEDURES

- The College, in consultation with the school community and canteen staff shall develop a school based 'Healthy Food and Drink Choices' policy which references the Anaphylaxis Management Guidelines for schools.
- The Canteen Manager shall ensure that appropriate staff/volunteers are trained in safe food handling, hazard identification, risk management and allergy prevention.
- The College canteen 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 and Training Healthy Food and Drink Policy.
- The Star Choice Buyers' Guide, which is a register of all products that meet minimum nutrient criteria for the food type, is used as a resource for planning menus and making decisions about serving sizes.

REFERENCES AND RELATED DOCUMENTS

- The Department of Education and training "Healthy Food and Drink Policy' Appendix C.
- Western Australian School Canteen Association, 'The Star Choice Buyers' Guide' available at: www.waschoolcanteens.org.au
- Anaphylaxis Management Guidelines for Schools: Department of Health 2010 accessed at: <http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK1%20Canteen.pdf>.
- Catholic Education Commission of Western Australia policy statement 2-C14 'Occupational Safety and Health in Schools'.
- Attachment Appendix 1 - 'Bunbury Catholic College Canteen Guidelines'

This policy is to be read in conjunction with Appendix 1 'Bunbury Catholic College Canteen Guidelines.