



CANTEEN AND HEALTHY FOOD AND DRINK POLICY

Rationale:

Catholic schools encourage students to make responsible choices for their lives including healthy food choices. This includes the responsibility to provide appropriate levels of care to students in their education environment and what is provided to students in terms of nutrition and food choices.

It is important for everyone to be aware that the Canteen exists to provide a service primarily to College students. In a broader function the Canteen also provides for the College staff, parents and visitors to the College as the occasion requires but this must be in a manner that does not impinge on providing the best service and canteen items to our students.

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.
- Nutritional food at affordable prices is the main focus when providing food to students in school communities.
- Healthy canteen and vending machine choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that may extend into the wider family and community.
- The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.
- Schools communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

Procedures:

The school 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 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 recommended as a resource for planning menus and making decisions about serving sizes. In conformity with these guidelines, certain food items will be restricted at the Canteen. Exceptions may be made for special days.

The selection of foods for their nutritional value need not and should not discourage a selection that reflects the cuisine of the various nationalities represented in the student population of the school. Foods which are inappropriate are those which have a high energy content but a low nutritive value

and, in particular, foods high in sugar and/or fat. Caution should be exercised in the use of salt and in the offering of salty foods.

In accordance with the Health Regulation Act, all parent helpers must wear an apron supplied by the Canteen Manageress when preparing and serving food. They must also be aware of allergy prevention.

Whilst all care is taken by the Canteen Manageress to cater to students with food allergies, there may be traces of these allergens in certain products.

The Canteen will not sell meat products on Ash Wednesday in keeping with Catholic tradition and expectation.

Any request for catering or provision of items from the Canteen must allow for appropriate notice and planning. The appropriate request form (Staff Portal) enables this to occur in a coordinated and appropriate manner with a minimum required two weeks' notice. Longer notice periods are preferable given the almost weekly schedule of various catered events and activities throughout the year.

Final decisions concerning the School Canteen are made by the Principal after receiving recommendations from the Canteen Committee and Manager.