



POLICIES

Leschenault Catholic Primary School

Topic:	Healthy Food and Drink Choices		
Policy No:	2-D4		
Policy Area:	Community		
Updated:	2016	Date of Review:	2018

Leschenault Catholic Primary School works under the Healthy Food and Drink Choices policy.

Rationale and Principles

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.

'Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue' (Mandate, para 6). Students in Catholic schools are educated to understand that they are physical/spiritual beings in relationship with God. Catholic schools encourage students to make responsible choices for their lives including healthy food and drink choices.

One third of a student's food intake is eaten at school. This means that over the course of their schooling they will consume approximately 2400 meals whilst at school. Therefore what is eaten at school is very important, irrespective of whether the food comes from a lunch box, packed at home, the school canteen or an outside provider.

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.

Healthy canteen 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 and community express their culture and traditions through events of significance which may include traditional and celebratory food choices, e.g. Harmony Week

Responsibility

Leschenault Catholic Primary School has a legislative responsibility to provide appropriate levels of care to students in the education environment.

Compliance with the Food Act 2008 and the Food Regulations 2009 is mandatory. Each canteen food service needs to comply with the requirements of its food premises classification according to the Food Regulations 2009.

Definition

The policy is based on the Traffic Light system; Red, Amber and Green foods and drinks.

- Green – fill the menu with at least 60% of green choices
- Amber – select carefully, no more than 40% amber choices
- Red – off the menu

As a school we encourage 'The 2 and 5'; it is recommended that children and staff eat 2 serves of fruit and 5 serves of vegetables per day.

Policy and Procedures

Compliance with the Healthy Food and Drink policy includes the following key areas;

1. **Canteen Policy** - each school has a written health and food drink policy that complies with the Department of Health WA requirements.
2. **Skills and Knowledge** - canteen/food services personnel have received training in nutrition food safety, hygiene and canteen management.
3. **Canteen Menu** – food and drinks supplied through the school canteen comply with Department policy;
 - Green – fill the menu with at least 60% of green choices
 - Amber – select carefully, no more than 40% amber choices
 - Red – off the menu
4. **School Community Involvement** – the school newsletter must include at least one newsletter communication per item on healthy eating and the healthy eating drinking policy.
5. **Food Safety and Hygiene** - canteen staff and volunteers are given an induction in relation to food safety and hygiene requirements.
6. **Nut Awareness** – Canteen staff are required to understand food labelling, and be aware of potential food allergy risks to children or staff within the school.
7. **Curriculum** – All staff have a responsibility to promote and encourage healthy food and drink choices. Classroom teachers are required to cover Food and Nutrition across all year levels in accordance with the Australian Curriculum.
8. **Canteen Guidelines**
 - Every item offered for sale must appear on the menu.
 - Amber savoury commercial foods must not be available everyday unless sold as part of a balance meal containing salad/fruit eg. meal deal.
 - Other amber foods and drinks should be restricted in some way ie only available at recess or lunch, not both.
 - At least 2 types of bread must be offered eg multigrain/wholemeal/white
 - Gluten free options had been added to the menu
 - All burgers sold must contain salad, which should comprise of at least 3 vegetables.
 - Fruit and vegetables, either fresh, frozen or canned, should be available everyday.
 - Milk (reduced fat) should be available everyday.

9. Class Participation

- Junior primary encouraged to 'crunch and sip' fruit and vegetables in class
- Healthy cooking experiences in classrooms
- Use of school garden produce in food production
- Include curriculum extension e.g. food and nutrition value, importance of healthy eating