



HEALTHY FOOD AND DRINK CHOICES POLICY

POLICY NO.	2-D4 COMMUNITY
POLICY NAME	HEALTHY FOOD AND DRINK CHOICES POLICY
RELEASED	2019
REVIEWED	2022

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 Notre Dame Catholic Primary School are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. Notre Dame Catholic Primary School encourages students to make healthy choices for their lives including healthy food choices.

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.
- School canteens should serve 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 school curriculum is the ideal place for students to learn about nutrition and making healthy 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 traffic light system in Appendix C of the Department of Education and Training Healthy Food and Drink Policy.
- Other food and drink choices shall promote a wide range of healthy and nutritious food and drink.
- 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.
- The Western Australian School Canteen Association and local health professionals can provide advice to schools on menus and products suitable for use in schools.
- When major changes to the menu are required, either due to unavailability of products or a desire by a number of stakeholders, the Principal will look at and make a decision regarding these changes.
- The canteen prices will be costed to provide reasonable cost to parents while remaining cost neutral to the financial management of the canteen and the school, including running costs, wages of the canteen manager and GST requirements
- An online ordering system is available to parents.
- In accordance with advice from the Catholic Education Office, GST costs will be passed on to parents when costing food and drink items for sale in the canteen.
- Parents are actively encouraged, through parent meetings and discussions and newsletter notices, to provide the children with healthy food and drinks for recess and lunch.
- Parents are asked not to bring take away/junk food lunches to children during school hours. Notre Dame Catholic Primary School is a Nut Aware School, as notified to parents through school and class newsletters and regular reminders to the children and parents.

REFERENCES

- Catechism of the Catholic Church, page 364
- 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

RELATED DOCUMENTS

- Catholic Education Commission of Western Australia Policy statement 2-C6 'Occupational Safety and Health in Schools'
- The Australian Guide to Healthy Eating and the National Dietary Guidelines for Children and Adolescents in Australia (2003) shall be considered conjointly with this Policy statement