



HEALTHY FOOD AND DRINK POLICY

First Written	2009
Reviewed	2019
Due for Review	2021

1. 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...” (#364. Catechism of the Catholic Church).

Students in St Joseph’s are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. St Joseph’s school encourages students to make healthy choices for their lives including healthy food choices.

2. PRINCIPLES

- 1 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.
- 2 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.
- 3 Nutritional food at affordable prices is the main focus when providing food to students in school communities.
- 4 Healthy canteen and vending machine 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.
- 5 The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.
- 6 School communities and others supplying food in schools comply 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.

3. PROCEDURES

1. St Joseph’s School operates on the premise of a Healthy Food and Drink Choices policy.
2. Our school canteen shall promote a wide range of healthy and nutritious foods and drinks.
3. Other food and drink choices for school-based activities shall follow the minimum standard required and ensure that menus follow the 60% ‘green’ and 40% ‘amber’ foods and drinks, according to the traffic light system in Appendix C of the Department of Education and Training *Healthy Food and Drink Policy*.
4. 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.
5. The Western Australian School Canteen Association and local health professionals will be accessed for advice to our school on menus and products suitable for use in schools.
6. All food and drink choices will take into account the Anaphylaxis Management Guidelines for Schools.

4. REFERENCES

Bishops of Western Australia 2009, Mandate Catholic Education Commission of Western Australia: 2009- 2015

The Department of Education and Training, ‘Healthy Food and Drink Policy’, Appendix C <http://det.wa.edu.au/policies/detcms/policy-planning-and-accountability/policiesframework/policies/healthy-food-and-drink> Western Australian School Canteen Association, ‘The Star Choice Buyers’ Guide’ available at www.waschoolcanteens.org.au

5. 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)

Anaphylaxis Management Guidelines for Schools: Department of Health 2010 accessed at <http://www.health.wa.gov.au/anaphylaxis/roles/schools.cfm>

Food Act 2008 (WA)

Food Regulations 2009 (WA)

Occupational Safety and Health Act 1984 (WA)

Occupational Safety and Health Regulations 1996 (WA)

School Education Act 1999 (WA)

Civil Liability Act 2002 (WA)

Disability Discrimination Act 1992 (Cth)

Equal Opportunity Act 1984 (WA)