



Topic:	Healthy Food and Drink Choices
Policy No:	2-D4
Policy Area:	Community
Date Promulgated:	2011
Date for Review:	2014

RATIONAL

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 Spirit¹... Students in Catholic schools are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. Catholic schools encourage students to make healthy choices for their lives including healthy food choices.

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. School canteens should serve the school community with nutritional food at affordable prices.
4. Healthy 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 is the ideal place for students to learn about nutrition and making healthy food choices.
6. School canteens 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.

PROCEDURES

1. That 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 in Appendix C of the Department of Education and Training Healthy Food and Drink Policy².

2. Other food and drink choices shall promote a wide range of healthy and nutritious food and drink.
3. The Star Choice Buyers' Guide³, which is a register of all products that meet minimum nutrient criteria for the food type, is the prime resource for planning menus and making decisions about serving sizes.
4. That the menu and costing for food choices will be made by the canteen manager in conjunction with the Principal each year.

REFERENCES

¹Catechism of the Catholic Church, page 364

²The Department of Education and Training '*Healthy Food and Drink Policy*', Appendix C

³Western 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)

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