



Healthy Food & Drink Choices Policy

Policy Area: Community

Date for Review: 2020

1. RATIONALE

Students at St Helena's Catholic Primary School are educated to understand that they are physical/spiritual beings in relationship with God. St Helena's Catholic Primary School encourages students to make responsible choices for their lives including healthy food choices. St Helena's Catholic Primary School has a responsibility to provide appropriate levels of care to students in the education environment.

2. DEFINITIONS

Nil

3. PRINCIPLES

- a) 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.
- b) 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.
- c) Nutritional food at affordable prices is the main focus when providing food to students in school communities.
- d) 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.
- e) The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.
- f) 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.
- g) School communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

4. PROCEDURES

1. At St Helena's Catholic Primary School the Principal ensures that appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention.
2. At St Helena's Catholic Primary School we 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.
3. Where appropriate The Western Australian School Canteen Association and local health professionals provide advice to St Helena's Catholic Primary School on menus and products suitable for use in schools.
4. At St Helena's Catholic Primary School we encourage students to eat fresh fruit and/or vegetables throughout the day as a way of nourishing their body and mind.