



## HEALTHY FOOD AND DRINK CHOICES POLICY

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### 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 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. Nutritional food at affordable prices is the main focus when providing food to students in school communities.
4. 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.
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.
7. School communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

### PROCEDURE

1. In consultation with the school community, including canteen staff, volunteers and other interested members of the school community we shall develop a culturally inclusive school based 'Healthy Food and Drink Choices policy which references the Anaphylaxis Management Guidelines.
2. Appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention.
3. 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 referred to on the

Liwara Catholic Primary School – Healthy Food and Drink Choices Policy.docx– First Implemented – 1990

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Department of Education Website:

<http://www.det.wa.edu.au/healthyfoodanddrink/detcms/portal/>

4. The school will provide food and drink choices other than through the canteen will promote a range of healthy and nutritious food and drink
5. 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.
6. The Western Australian School Canteen Association and local health professionals can provide advice to schools on menus and products suitable for use in schools.

## 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/policies-framework/policies/healthy-food-and-drink>

Western Australian School Canteen Association, *'The Star Choice Buyers' Guide'* available at [www.waschoolcanteens.org.au](http://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)

Anaphylaxis Management Guidelines for Schools: Department of Health 2010 accessed at:  
<http://health.wa.gov.au/anaphylaxis/roles/schools.cfm>  
<http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK1%20Canteen.pdf>  
<http://www.health.wa.gov.au/anaphylaxis/doc/canteen/11289%20CK2%20Canteen.pdf>

*Food Act 2008(WA)*

*Food Regulations 2009 (WA)*

*Occupational Safety and Health Act 1984 (WA)*

*Occupational Safety and Health Regulations 1996 (WA)*

*Civil Liability Act 2002 (WA)*

*Disability Discrimination Act 1992 (Cth)*

*Equal Opportunity Act 1984 (WA)*