

# HEALTHY FOOD CHOICES

Written: 2014

*Next Review: 2017*

## **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.

‘Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue’ (Mandate, para 6). Students in Catholic schools are educated to understand that they are physical/spiritual beings in relationship with God. Catholic schools encourage students to make responsible choices for their lives including healthy food choices.

Catholic schools have a legislative responsibility to provide appropriate levels of care to students in the education environment.

## **Principles**

- 1 A healthy and nutritious food and drink policy makes a positive statement to the students, staff members, parents and the broader community of St Joseph’s 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 St Joseph’s aims to provide nutritional food at affordable prices.
- 4 The food made and distributed through St Joseph’s canteen complements the nutrition knowledge taught in the classroom and promotes 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 St Joseph’s complies 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. St Joseph's canteen promotes a wide range of healthy and nutritious food and drinks and follows 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 Policy.
2. St Joseph's Canteen is also an egg and nut free school in accordance with Anaphylaxis Management Guidelines for Schools.
3. The Principal ensures that appropriate staff is trained in safe food handling, hazard identification, risk management and allergy prevention.
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.