

ST MATTHEW'S SCHOOL

NARROGIN



**HEALTHY FOOD AND DRINK CHOICES
POLICY**

VISION STATEMENT

St Matthew's School enables children to strive to reach their full potential, as God intends, by fostering concern for self, others, the environment and their relationship with God.

**Developed 2013
Reviewed 2014
Review 2019**



St Matthew's School

Healthy Food and Drink Choices Policy

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 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 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. Schools communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

PROCEDURES

1. St Matthew's School, in consultation with their school community, including canteen staff, volunteers and other interested members of the school community, shall develop a culturally inclusive school based 'Healthy Food and Drink Choices' policy which references the Anaphylaxis Management Guidelines for Schools.
2. The Principal shall ensure that appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention.
3. St Matthew's 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 Policy.
4. St Matthew's School providing food and drink choices other than through the school canteen shall 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.

PROCEDURES

CANTEEN MANAGER DUTIES

Shall report on Canteen activities to the School Principal who in turn reports to the School Board.

Shall be responsible:

- a) To the Principal for the efficient management of the canteen.
- b) For immediately reporting to the Principal any equipment malfunction or safety issue that arises.
- c) For reporting to the Principal immediately, any injury that has been incurred by personnel within the canteen or outside the canteen when related to products sold by the canteen.
- d) For making appropriate price changes as they become necessary. These changes need to be ratified by the Principal at their next meeting.
- e) For purchasing and selling foods in line with the aims of this policy.
- f) For the introduction of any new food item, to be ratified by the Principal

TRADING HOURS

The School Principal in conjunction with the School Board, shall decide opening times and at which times particular lines will be sold.

OCCUPATIONAL HEALTH AND SAFETY

The school shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used correctly.

The canteen manager shall report to the principal any structural defects within the canteen.

The canteen will comply with the current occupational Health and Safety regulations.

HYGIENE

Appropriate hygiene legislation will be on permanent display in the school canteen together with H.A.C.C.P; FOODSAFE and FOODSAFE PLUS

The Canteen will comply with the current food hygiene legislation.

VOLUNTARY WORKERS

New volunteers shall be given an orientation program covering hygiene, duties and insurance

MONIES

Monies will be counted daily, coins bagged and prepared for banking.

Monies to be banked by P&F.

All accounts and creditors invoices to be paid by P&F.

NUTRITION

At St Matthew's School, we promote good healthy eating habits consistent with the Dietary Guidelines for Children and Adolescents and The Department of Education and Training 'Healthy Food and Drink Policy'. This policy acknowledges that schools and their canteen or are well placed to support healthy eating and in fact have a vital role to play in helping to reduce the worldwide epidemic of childhood obesity.

Children should eat a wide range of foods so that they have the energy for learning and growing. A 'traffic light' system is in place to help schools plan menus full of healthy, nutritious and affordable food and drinks.

The new standards require that foods in the:

GREEN category are encouraged. Schools should aim to fill their menus with these healthy foods.

AMBER foods should be selected carefully and eaten in moderation.

RED food and drinks are off the menu and will not be available in schools.

The dietary guidelines were developed in 1995 and apply to healthy children and adolescents between birth and 18 years. The guidelines are listed in priority order, starting with the most important.

1. Children need appropriate food and physical activity to grow and develop normally. Growth should be checked regularly.
2. Enjoy a wide variety of nutritious foods.
3. Eat plenty of breads, cereals, vegetables (including legumes) and fruits.
4. Low fat diets are not suitable for young children. For older children a diet low in fat, and in particular saturated fat, is appropriate.
5. Encourage the use of water as a drink.
6. Alcohol is not recommended for children.
7. Eat only a moderate amount of sugars and foods containing added sugars.
8. Choose low salt foods.
9. Eat calcium enriched foods.
10. Eat foods containing iron.

The following food groups are essential for health and well bring

- Breads, cereals, rice, pasta & noodles 7 serves
- Vegetables and legumes 5 serves
- Fruit 2 serves
- Meat, fish, poultry, eggs, nuts & legumes 2 serves
- Milk, cheese and yoghurt 2 serves

Our menu will follow the A.D.G and the 5 food groups. We will also provide and promote Star Choice foods utilising the Traffic Lights system where available.

NUT AWARE

Due to various allergies and problems some children may have with nut intolerance we do not provide peanut butter or known associated nut products.

We also ask that parents, in particular pre-primary parents, to encourage their children NOT TO SHARE OR SWAP THEIR SNACKS & LUNCHEs that you have provided from home.

CURRICULUM

During the school calendar year, there are various events and classroom activities such as Lent, Good Friday, and Easter, St Matthew's Day, Resiliency Day, Fruit n Veg week, Heart Week, Sports carnival etc. At St Matthew's School we try to incorporate our menu ideas into the classroom curriculum so we are all working together to promote healthy eating habits from the very beginning of their school life.

PROMOTIONS AND MARKETING

Again, according to the school calendar, we promote and encourage Fruit n Veg week, Heart Awareness Week etc.

We may make-up flyers and SPECIAL MEAL DEALS for the various promotional weeks, this would include a particular food item, yogurt/fruit etc and a drink.

These will be mentioned in the school newsletter as well as the Term Menu flyer which will go home at the beginning of each term.

6. 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

7. 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>

<http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK1%20Canteen.pdf>

<http://www.health.wa.gov.au/anaphylaxis/docs/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)

School Education Act 1999 (WA)

Civil Liability Act 2002 (WA)

Disability Discrimination Act 1992 (Cth)

Equal Opportunity Act 1984 (WA)