



St Joseph's Primary
Queens Park

Healthy food and drink choices

Policy Date 2008
Revised 2011
Revised 2014
Revised 2017
Due for Review 2020

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...

(Catechism of the Catholic

Church #364).

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.

Scope

This policy statement applies to all Catholic schools and early learning and care services in Western Australia.

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. St. Joseph's school canteen should serve the school community with nutritional food at affordable prices.
4. Healthy canteen menu 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. St. Joseph's school canteens comply with the Catholic Education Commission of Western Australia Policy Statement, 2-C6 'Occupational Safety and Health in Schools' in order to provide safe handling, preparation and serving of food.

Procedures

1. Schools, in consultation with their school community, shall develop a school based 'Healthy Food and Drink Choices' policy.
2. School canteens and vending machines 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 Policy¹.
3. Other food and drink choices shall promote a wide range of healthy and nutritious food and drink.
4. The Star Choice Buyers' Guide², 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.

5. The Western Australian School Canteen Association and local health professionals can provide advice to schools on menus and products suitable for use in schools.

St Joseph's Primary School - Canteen

St Joseph's Primary School supports healthy lifestyle choices. The canteen makes food choices using the Star Choice Buyer's Guide produced by the Western Australian School Canteen Association, and is guided by the 'Traffic Light' System recommended in the DET Healthy Food and Drink Policy³. In this system, Food and drinks have been rated on how good they are for you, setting the standard for all food and drink sold in public school canteens/food services. The standards make it clear what food can and cannot be sold in school canteens/food services.

The policy sets out whether a food/drink should be eaten most of the time, some of the time or only eaten outside of school with parents' approval. To make this clear foods/drinks are categorised as GREEN, AMBER or RED.

GREEN foods and drinks

These foods/drinks are encouraged and promoted for sale at St Joseph's Primary School.

In general these foods/drinks:

- are excellent sources of important nutrients
- are low in saturated fat and/or added sugar and/or salt
- help to avoid an intake of excess energy (kilojoules).

Examples include (but are not limited to):

Fruit (fresh, canned, frozen and dried), vegetables, wholegrain breads and cereals, reduced fat dairy products such as milk, yoghurt and cheese, lean meats, fish and chicken, eggs, plain water and 100% fruit juice in small sizes.

AMBER foods and drinks

Canteen/food service menus should not be dominated by these foods and drinks. They should be limited and chosen carefully. Large serving sizes should not be used.

Examples include (but are not limited to):

Refined cereals with added sugars, full fat dairy foods and commercial products such as Star Choice registered pastry items, snack food bars, ice-creams, cakes, muffins and fruit drinks.

Food and drinks that have not been registered in the Star Choice Buyers' Guide may be used if they meet the minimum nutrient criteria for registration.

RED foods and drinks

These are called 'extra foods' in The Australian Guide to Healthy Eating. They should not be offered in schools because they:

- lack adequate nutritional value
- are high in saturated fat, and/or added sugar and/or salt
- can contribute excess energy (kilojoule)
- can contribute to tooth decay and erosion.

Examples include (but are not limited to):

Soft drinks, confectionary, deep fried foods and other items such as chips, chocolate coated ice-creams, cakes and muffins that do not meet the criteria for registration.

St Joseph's Canteen menu is 95% GREEN. As part of the 'Traffic Light' system, all items on the menu must leave the canteen as stated. Therefore we are unable to OMIT ingredients from the advertised menu items, unless the student produces a certificate from their Medical Doctor stating they have an allergy to a specific ingredient.

All RED food and drink as well as nuts and savoury nut spreads have been taken off the canteen menu.

Gluten free chips and low fat dairy products have been selected in lieu of similar products on the market.

Food and Treats allowed in the classrooms at St Joseph's Primary School

Food Item	Occasion
Icy- poles	sometimes on a very hot day
Cakes	children bring on their birthday
Pop-corn	on special days such as St Joseph's day (plain varieties)
Lollies	that children may bring to share on their birthday as a 'Super Star' award (very rarely)
Chips, lollies, cakes, soft-drink, party food	End-year class parties (once per year)
Hot dog, Sausage sizzle	fund-raising activities (annually)

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/policiesframework/policies/healthy-food-and-drink>

Western Australian School Canteen Association, 'The Star Choice Buyers' Guide' available at
www.waschoolcanteens.org.au

Related Documents

CECWA Occupational Safety and Health in Schools policy

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>

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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)