



---

## HEALTHY FOOD & DRINK CHOICES POLICY

**Updated: 2020**  
**Review: 2024**

### 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, 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.

Our Lady of Mercy College has a legislative responsibility to provide appropriate levels of care to students in the education environment.

### Principles

- A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents/guardians and the broader community about the value placed on human life
- It is important that parents/guardians, 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
- Nutritional food at affordable prices is the main focus when providing food to students
- 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
- The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices
- The College will comply with the CECWA Occupational Safety and Health in Schools Policy in order to provide safe handling, preparation and serving of food
- The College expresses its culture and traditions through events of significance which may include traditional and celebratory food choices

### Procedures

- The Principal will ensure that staff are appropriately trained in safe food handling, hazard identification, risk management and allergy prevention
  - The College canteen will 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
  - Students are not permitted to purchase any more than five (5) of one item
- 



- The College, when providing food and drink choices other than through the canteen, will promote a range of healthy and nutritious food and drink
- The Star Choice Buyers' Guide, which is a register of all products that meet minimum nutrient criteria for the food type, is used as a resource for planning menus and making decisions about serving sizes

### **References and Related Documents**

- The Department of Education and Training, 'Healthy Food and Drink Policy', Appendix C
- Western Australian School Canteen Association, '*The Star Choice Buyers' Guide*' available at [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)
- Anaphylaxis Management Guidelines for Schools: Department of Health 2010 accessed at: <http://www.health.wa.gov.au/anaphylaxis/docs/canteen/11289%20CK1%20Canteen.pdf>
- Catholic Education Western Australia Limited (CEWA Limited) policy statement 2-C14 'Occupational Safety and Health in Schools'

