



# Whitford Catholic Primary School

## HEALTHY FOOD & DRINK CHOICES POLICY

Review: 2022

### RATIONALE

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. Whitford Catholic Primary School encourages 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

- 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.
- 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.
- Nutritional food at affordable prices is the main focus when providing food to students in school communities.
- 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.
- The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.
- 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.
- Schools communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

### PROCEDURES

1. Whitford Catholic Primary School, in consultation with the school community, including canteen staff, volunteers and other interested members of the school community, has developed 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. 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 in Appendix C of the Department of Education and Training Healthy Food and Drink Policy.



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4. Whitford Catholic Primary School is a 'Nut Aware' school and as such, foods containing nuts or nut products, cannot be sold or brought to school.
5. 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.
6. Whitford Catholic Primary School will liaise with The Western Australian School Canteen Association and local health professionals to provide advice on menus and products suitable for use.

## 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](http://www.waschoolcanteens.org.au)

## RELATED DOCUMENTS

Catholic Education Commission of Western Australia policy statement 2-C6 'Occupational Safety and Health in Schools'