



ST AUGUSTINE'S PRIMARY SCHOOL
34 Gladstone Road
RIVERVALE WA 6103

HEALTHY FOOD AND DRINK CHOICES

1. 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 Spirit¹.

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.

2. DEFINITIONS

Nil

3. SCOPE

This policy applies to all Catholic schools in Western Australia.

4. PRINCIPLES

4.1 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.

4.2 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.

4.3 School canteens should serve the school community with nutritional food at affordable prices.

4.4 Healthy canteen and vending machine 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.

4.5 The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.

4.6 School canteens 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.

5. PROCEDURES

5.1 Schools, in consultation with their school community, shall develop a school based 'Healthy Food and Drink Choices' policy.

5.2 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 Policy².

5.3 Other food and drink choices shall promote a wide range of healthy and nutritious food and drink.

5.4 The Star Choice Buyers' Guide³, 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.

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

6. REFERENCES

¹Catechism of the Catholic Church, page 364

²The Department of Education and Training '*Healthy Food and Drink Policy*', Appendix C

³Western 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) shall be considered conjointly with this Policy statement