



HEALTHY FOOD AND DRINKS POLICY

REVIEW HISTORY

Originally Written:	Reviewed by:		Revised:	Next Review:
2016	College Staff			2017

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 at St John Bosco College are educated to understand that they are physical/spiritual beings in relationship with God. St John Bosco College encourages students to make responsible choices for their lives including healthy food choices.

St John Bosco College has a legislative responsibility to provide appropriate levels of care to students in the education environment. Foods eaten during a child's early years and at the College contribute significantly to a child's daily nutrient intake and also have a considerable influence on the development of their lifelong eating habits, growth patterns and energy levels. School canteens and other food services are an essential part of the education environment and play an important role in communicating healthy eating messages to children, staff, and the wider community. While St John Bosco College does not currently have an operating canteen (Cafe), we do have occasional 'special lunch days', and special events where food is catered for, for students, staff, parents, and in some cases, guests.

DEFINITIONS

Personal Information is information which can identify an individual.

GREEN FOOD AND DRINKS

Are good sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).

AMBER FOOD AND DRINKS

Have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).

RED FOOD AND DRINKS

Lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ).

** Refer to Appendix 1

SCOPE

St John Bosco College is required to adopt a whole College approach to healthy eating within the College community.

The Healthy Food and Drinks Policy will be implemented in conjunction with the medical care plans for students with allergies to a wide variety of foods.

In the future, when our College Cafe facility is established and operating within the College, a Canteen Policy will incorporate the Healthy Food and Drinks Policy.

Food and drinks categorised as 'red' will not be provided to students on the College site unless essential to the learning program.

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.

1. It is important that parents, staff members and students work together to support a whole College approach to building a College culture in which students actively choose nutritious food and a healthy lifestyle.
2. Nutritional food at affordable prices is the main focus when providing food to students in the College community.
3. Healthy food and drink choices available in the Cafe will complement the nutrition knowledge taught in the classroom and promote a College culture of healthy eating that may extend into the wider family and community.
4. The College curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.
5. The College will 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 when supplying food.
6. St John Bosco's College community expresses their culture and traditions through events of significance which may include traditional and celebratory food choices.

PROCEDURES

1. Implementation

St John Bosco College, in consultation with the College community, including volunteers and other interested members of the community, shall develop a culturally inclusive College based 'Healthy Food and Drink Choices' policy which references the Anaphylaxis Management Guidelines for Schools.

2. Western Australian Curriculum

The College will ensure that nutrition and related topics are taught and well-supported as mandated in the Western Australian Curriculum Health and Physical Education: Personal, Social and Community Health strand.

3. Creating a Supportive College Environment for Healthy Eating

St John Bosco College provides ample time for students at recess and lunch to eat their food in shaded seating areas. Lunch boxes are monitored by duty teachers during recess and lunch times to ensure adequate food has been provided and consumed. Any concerns will be discussed firstly with the student and the class teacher and then the Leadership Team if deemed necessary by a staff member. Drink fountains are located in various locations throughout the College grounds.

4. Occupational Health and Safety Requirements

The College Leadership Team shall ensure that appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention.

5. Allergy Awareness

St John Bosco College recognises it has a responsibility to raise awareness to consider those with medical care plans in place for food allergies.

The College will:

- educate the community about considering the needs of others
- provide the necessary training and procedures to cater for the needs of students with emergency action plans for food allergies
- require the assistance of the community to limit the amount of food in the environment which is common to food allergies
- prevent the sharing of personal food items
- restrict foods in class cooking activities to those with no allergy link to students.

6. Marketing Healthy Eating Messages

St John Bosco College seeks to raise the awareness and importance of healthy eating amongst students and staff at the College. This will be done through College curriculum, newsletters, the College website, notice boards, classroom activities and other alternative forms of communication.

The Parent Handbook is distributed to every family in our College community at the start of each year. Expectations for healthy food choices are clearly outlined and parents should also be supplied regular information that is relevant to them throughout the year, outlining simple strategies to help support healthy eating in the home and community.

7. Guidelines for Water

It is expected that students have access to drinking water within proximity to classrooms and sporting ovals. Students will be able to bring water bottles to class and will be encouraged to drink water regularly. Water bottles will be stored on a portable trolley in each classroom to allow easy transportation to alternative learning spaces and break times. Water will also be promoted as the first choice at all points within the College eg. Water fountains, College Cafe and in Physical Education classes.

8. Guidelines for Special Occasions

Food brought to the College by parents has direct implications for this policy and the food preparation requirements of the Department of Education Healthy Food and Drink Policy. It also has the potential for impact on a large number of students with a wide variety of allergies and dietary requirements. The provision of birthday cakes (or other food treats) to classrooms for distribution to students is therefore not permitted at St John Bosco College. Class teachers are responsible for providing an outline to parents for end of year class celebrations. This should include information relevant to allergies and dietary requirements for the students within that classroom.

9. Guidelines for Classroom Cooking

All classroom cooking activities will comply with the no 'red' foods policy unless essential to the learning program. Staff will inform parents/guardians of cooking activities prior to the experience so that alternatives can be made whereby a student's allergy or dietary requirements are taken into consideration.

10. Cultural and Religious Inclusivity

At St John Bosco College, cultural differences, religious beliefs and customs (including vegan and vegetarian) are embraced and accommodated for in classroom activities and College events. Staff are encouraged to liaise with parents to ensure this is managed effectively.

11. Guidelines for Retreats, Camps, Excursions, Sport Days

It is expected that healthy options are available for students whilst they are on retreats and camps, for excursions and sport days. If food is not provided, then it should be strongly expressed on notices that students should bring their own lunches, with healthy lunchbox ideas.

12. Guidelines for Fundraising

Any fundraising by 'The Friends of St John Bosco' is exempt from the requirement to only use 'green' and amber' food and drinks; however, consistent messages are encouraged.

The College community will be encouraged to organise fundraising activities that align with the Healthy Food and Drink policy, as it is important that our healthy eating messages are consistent within our College community.

13. Guidelines for Catering

It is expected that students, teachers, staff and parents are able to make healthy and nutritious food and drink choices during meetings and others events at St John Bosco College.

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

When parents provide foods to be shared during classroom activities, the best practice is that teachers inform parents prior to the event of the heating/cooling facilities available at the College to prevent contamination.

14. Guidelines for Canteens

Although St John Bosco College does not currently offer Cafe facilities, in the near future a canteen policy will incorporate the policy on the provision of healthy food and drinks and be visible in the canteen alongside the Department of Education Health Food and Drink Policy. It is envisaged that the College will ensure the canteen menu promotes a wide range of healthy foods and that it:

- consists of a minimum of 60% 'green' food and drinks;
- consists of a maximum of 40% 'amber' food and drinks;
- only offers savoury commercial products that are 'amber' foods a maximum of twice per week; and
- contains no 'red' food and drinks.

This will be done in consultation with the Western Australian School Canteen Association and local health professionals who can provide advice to schools on menus and products suitable for use in schools.

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

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)

APPENDIX 1:

<http://www.waschoolcanteens.org.au>

Healthy food and drink choices in schools	
GREEN	
Examples	
Fill the menu	
Breads	A variety of bread types
Cereal foods	Wholegrain cereals; oats; pasta; noodles; rice; polenta; cous cous; quinoa; barley
Vegetables	Vegetables (fresh, frozen and tinned); salads (reduced fat dressing only); all salad mixtures
Fruit	Fresh; frozen; tinned (in natural juices)
Legumes	Tinned (e.g. bean mix, kidney beans); cooked; baked beans
Reduced fat dairy products and alternatives	Yoghurt (plain or fruit); cheese; liquid breakfast*
Lean meat, poultry, fish, and alternatives	Lean meats (excluding ham); chicken (no skin) or registered meats*; fish (e.g. tuna, salmon, sardines); egg
Sandwich fillings	Lean meats (excluding ham); chicken (no skin); fish; creamed corn/corn kernels; egg; canned spaghetti (reduced salt); salads; baked beans; reduced fat cheese; hummus; vegemite; yeast spreads; fish spreads*
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings); baked potatoes; rice; soups; toast; English muffins; crumpets; raisin toast; meals meeting the criteria for registration such as curry and rice and pasta dishes
Snacks	Scones; raisin or fruit bread; pikelets; bread sticks; bruschetta; water crackers; rice crackers; rice cakes; popcorn (plain air-popped); seed packs; trail mix based on wholegrain breakfast cereals; reduced fat cheese/dip/cracker packs*
Drinks	Water (including carbonated); reduced fat milk (plain) and their alternatives e.g. soy milk; no serve size restrictions; reduced fat milk (flavoured): maximum serve size 375mL; fresh fruit milkshakes
AMBER	
Examples	
Select carefully and limit	
Reduced fat dairy products	Dairy desserts
Full fat dairy foods and alternatives	Milk; soy; yoghurt (plain or fruit); custard; cheese
Savoury commercial products#	Registered products such as ovenable fish/chicken/potato portions should be chosen because they are lower in fat/salt*
Processed meats	Lean ham; lean bacon
Dried fruit	Dried fruit (excluding fruit leathers)
Snack food bars	Registered products such as breakfast bars; cereal bars; fruit bars*
Savoury snacks	Registered products such as oven baked vege chips; garlic or herb bread lightly spread*; lightly flavoured snacks such as crisps, crackers and popcorn*
Cakes, muffins and sweet biscuits	Registered products such as cakes; muffins and biscuits (reduced fat and/or sugar and based on wholemeal flour*)
Ice-creams, ice-blocks, fruit based icy-poles, slushies	Registered ice-creams*: milk based ice confectionery; frozen yoghurts; rice cream; 99% fruit juice based icy-poles
Drinks	Reduced fat milk (flavoured): larger than 375mL; fruit juices, vegetable juices and mixed juices (including carbonated products): 99% and with no added sugar or sweeteners, maximum serve size 250mL of juice
RED	
Examples	
Off the menu:	
Confectionery	All types, caramelised pop corn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice-creams	Chocolate coated and premium ice-creams
Sandwich fillings	Honey; jam; chocolate spreads; confectionery sprinkles
Cakes, muffins and sweet pastries	Croissants; doughnuts; cream filled buns; iced cakes; sweet pastries; slices
Drinks	Soft drinks; artificial or intense sweetened soft drinks; energy drinks; cordials (including low joule); sports drinks; water: flavoured with fruit juice, sugar, artificial or intense sweetener (including carbonated products); high caffeine drinks (e.g. drinks containing guarana); fruit juices, vegetable juices and mixed juices (including carbonated products): with less than 99% juice and/or added sugar and/or sweeteners and/or larger than 250mL juice
* Meets the criteria for Star Choice™ registration # To be offered a maximum of two occasions per week	