



Topic:	Healthy Food and Drink Choices
Policy No:	D-7
Policy Area:	Community
Date For Review:	2018

1. Rationale

Mercy College aims to educate the College community in making healthy eating an easy and informed choice. Research shows that a healthy eating plan assists students to perform and behave better at school. The College aims, via a multifaceted program, to influence and shape students' attitudes with food selections which can affect lifestyle and behaviours later in life.

By our *Healthy Food and Drink Choices Policy*, Mercy College aims to -

- foster the prevention and control of diet related diseases in students.
- raise awareness of the high incidence of childhood obesity and its health impacts into adulthood.
- model good eating habits by ensuring the availability and sale of foods and beverages in the College's canteen that are consistent with the Catholic Education Commission of Western Australia Policy statement 2-C14 and Department of Education and Training's Healthy Food and Drink standards
- provide the College community with information about food and nutrition and its role in preventing and controlling diet related diseases.
- provide economically viable, hygienic and nutrition oriented food through the College canteen and at school events.

2. 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.
- School canteens should serve the school community with nutritional food at affordable prices.
- 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.
- The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.
- 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.

3. Procedures

To achieve the aim of this policy the College shall endeavour to adhere to the following procedures:

1. Ensure that the College curriculum is rich with learning opportunities that encourage and aid students in making wise food and drink choices.

2. Make healthy food an easy option for students and staff to purchase via the College's canteen by adhering to the Department of Education and Training's Healthy Food and Drink standards.
(Refer to the website: <http://www.det.wa.edu.au/healthyfoodanddrink/index.html>)
3. When providing food through the College canteen or at school events, emphasis shall be given to the following foods that contribute significantly to meeting students' nutritional needs:
 - Breads and cereal foods, e.g. rice, pasta, especially wholegrain varieties
 - Fruit – preferably fresh, but including frozen and canned
 - Vegetables – fresh, frozen and canned
 - Reduced fat varieties of milk, cheese, yoghurt
 - Lean meats, skin-free poultry, fish, eggs, baked beans and other legumes
 - Plain water
4. Prohibiting students from leaving the school grounds to buy their lunches.
5. Promoting the drinking of water as the first and best choice.
6. The College adopts the 'Traffic Light' food rating system for determining the suitability and nutritional value of the food provided by the College Canteen or at school events. The majority of choices available shall be based on the core food groups and be predominantly those classified as 'Green', which may be supplemented by convenience products which may be classified as either 'Green or Amber'. No items classified as 'Red' may be sold.
7. Some red rated foods may be sold at special College events, but these items should be limited with ample green and amber choices available. Such events include, but are not limited to Mercy Day and some fundraising activities.
8. People preparing food through the canteen or for school events shall ensure appropriate food safety and hygiene standards are maintained. This means that it is prepared, cooked, transported and served in such a way as to retain nutrients and to minimise bacterial contamination and growth.

4. Procedures for Class/ Christian Service/ Fundraising stalls that sell/ fundraise using food and/or drinks.

1. Students approach Director of Mission for approval of fundraising events.
2. If approved the Director of Mission to inform students/ staff that food stalls must then be approved by Director of Engagement to meet our *Healthy Food and Drink Choices Policy*.
3. Information to be passed onto to classes/ student groups regarding the policy. Traffic light system to be provided. Red rated foods will be limited as per section 3.7 of this policy.
4. Director of Engagement to determine approval of food and drink
5. Director of Engagement to update Canteen staff on food stalls.
6. People preparing food shall ensure appropriate food safety and hygiene standards are maintained. This means that it is prepared, cooked, transported and served in such a way as to retain nutrients and to minimise bacterial contamination and growth.