



HEALTHY FOOD AND DRINK CHOICES

Mission Statement

In the spirit of John XXIII, Mary Ward and Ignatius Loyola, we seek to be people of competence, conscience and compassion who are committed to God and the service of others.

Rationale

Catholic schools have a legislative responsibility to provide appropriate levels of care to students in the education environment. Healthy eating and lifestyle choices are essential for good health. John XXIII College canteen will offer and encourage healthy food choices that promote good eating habits.

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 member 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
- Health canteen choices complement the nutrition knowledge taught in the classroom and promote a school culture of health 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 health food choices
- The College community and others supplying food in the College comply with the College Occupational Safety and Health Policy in order to provide safe handling, preparation and serving of food
- The College community expresses their culture and traditions through events of significance which may include traditional and celebratory food choices

Procedures

The Canteen Policy will aim to:

- Offer a variety of healthy and nutritious foods approved under the 'traffic light system' for WA school canteens.
- Offer support and information to parents and students about the importance of healthy eating through healthy eating campaigns and newsletter.
- Maintain a friendly environment for canteen staff and all personnel using canteen facilities.



Canteen Menu Planning

- John XXIII College canteen will support healthy eating using the ‘traffic light system’. This will remind students of the need to select more frequently from the **Green** group of foods and eat in moderation the **Amber** foods.
- Green foods and drinks (Everyday Category) included most often as the main choices on the canteen menu.
- Amber foods and drinks (Select carefully category). Limit availability of these foods.
- Red foods and drinks – off the menu.
- The canteen will offer a variety of nutritious foods at a reasonable cost.
- The canteen menu will be changed regularly and reviewed.

Linking the Canteen with the Curriculum

- The canteen should support and reflect the educational goals of the College.
- Offer promotional theme days with a creative menu.
- Display healthy eating posters in canteen.

Food Allergies

- As far as practicable staff remove nuts, nut products and other allergens that are a main ingredient. This does not apply to those foods labelled ‘may contain traces of nuts etc’.
- Parents and students are requested to state any food allergy when ordering food from the canteen.
- Canteen manager supplied with *Food Allergen Management Guide for School Canteens (2018)* developed by National Allergy Strategy, Allergy & Anaphylaxis Australia and the Western Australian School Canteen Association Inc, supported by the Western Australian Departments of Health and Education.
- Educate canteen staff about measures necessary to prevent cross contamination during the handling preparation and serving of food.
- Canteen staff supplied with list of students with food allergies.
- Canteen staff complete anaphylaxis training bi-annually.
- “Allergy Aware” posters placed in Canteen area.

Food Hygiene

- Canteen will comply with current Food Hygiene Regulations.
- Staff to complete the Food Safe Program.



Canteen Management

- Canteen manager will be required to attend the WA School Canteen Association Conference as scheduled. In the event that the canteen manager cannot attend, another representative from the canteen will attend.
- Canteen shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used correctly.
- Canteen will comply with current Occupational Health and Safety Regulations.

References

John XXIII College Occupational Safety and Health Policy
[Food Allergen Management Guide for School Canteens \(2018\)](#)

Related Documents

[Anaphylaxis Management Guidelines for Schools: Department of Health 2010](#)

[ASCIA Guidelines for Prevention of Anaphylaxis in Schools 2012](#)

[WA School Canteen Association Canteen Checklist 2019](#)

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 1999 (WA)

Disability Discrimination Act 1992 (Cth)

Equal Opportunity Act 1984 (WA)