



St Joseph's School, Waroona Healthy Canteen Guidelines

Last updated:
2021

Next review:
2023

1. Purpose

Catholic schools encourage students to make healthy choices for their lives including healthy food choices. 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. St Joseph's School recognises that this School Canteen is an important part of the educational community. Classroom nutrition lessons and the School Canteen should complement each other to deliver a consistent message to students.

Sources of Authority	
CECWA Policy	Catholic Education Commission Western Australia Community Policy Statement – February 2021
Executive Directive	

2. Scope

The guidelines apply to all students who attend St Joseph's School Waroona.

3. Guidelines

- A healthy and nutritious food and drink guideline 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 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 CEWA's Executive Directive - in order to provide safe handling, preparation and serving of food.

PROCEDURES

1. The Canteen will comply with the "Traffic Light" labelling system, outlined in the Department of Education *Healthy Food & Drink Guidelines*.
 - a. Nutrition plays an important role while determining food items to be sold

- b. The Canteen does refer to the guidelines of Heart Foundation WA School Canteen Association, Australian Dietary Guidelines for Children and Adolescents and Western Australia School Canteen Association.

The types of food sold through the canteen:

a. Regular Sales:

Sandwiches, rolls (white or wholemeal) and wraps, burgers all with salad.

Salad plates during summer with tuna, free range ham, free range chicken, free range eggs.

Hot meals (accredited bacon & vegetable slice, spaghetti Bolognese, homemade nachos)

Soup is available during winter (Term 2 and 3)

Fresh fruit, air popped popcorn

Drinks – such as fruit juice, water, flavoured low fat milk and homemade fruit smoothies. b.

Limited Sales:

Pies, sausage rolls, reduced fat Ice-cream, frozen yoghurt, popsicle sticks

c. NO JUNK FOOD:

Lollies, chocolates, hot chips etc. are not to be sold.

2. Menu Planning

- a. Suggestions are heard from the School community and students, via a survey and taken to the committee for review applying the rule; a minimum of 70% GREEN menu choices a maximum of 30% AMBER menu choices
- b. The Canteen Committee, after reflecting on the recommendations, as per (2a), makes the final decision each term.
- c. The Canteen Committee in consultation with the school Principal determines the menu pricing cognizant of the costs and overheads.

3. Food Hygiene

The School is accredited under the Food Safety and Hygiene Regulations and will abide by the standards set by Food Safe.

4. Occupational Health and Safety

The Canteen will comply with the Occupational Safety and Health Act (1984) and Occupational Safety and Health Regulation (1996) to ensure safety to staff, volunteers and students at the School.

5. Canteen Management Issues

- a. The financial management of the Canteen is the responsibility of the School Board
- b. The Canteen manager shall be suitably trained and sympathetic to the ideas of a healthy canteen guideline.
- c. The Canteen Manager shall be assisted by members of the canteen committee
- d. A duty statement and guidelines shall be prepared for all canteen staff which will be on permanent display in the canteen.
- e. Canteen representatives or volunteers maybe invited to attend canteen in-service or promotional days.
- f. Children are not permitted in the Canteen for safety and insurance reasons unless they are supervised by a teacher or an adult.
- g. The Canteen will operate on Thursdays or as deemed necessary.