



## HEALTHY FOOD AND DRINK CHOICES POLICY

<b>Staff responsible:</b>	Principal School Counsellor Youth Worker
<b>Updated:</b>	2017
<b>Review:</b>	2018
<b>Related school documents:</b>	nil

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### **Rationale**

The human person, though made of body and soul, is a unit. 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. (Catechism of the Catholic Church page 364).

Students at St Francis' School are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. We encourage students to make healthy choices for their lives including healthy food choices.

### **Principles**

1. A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents and the boarder community about the value placed on human life.
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.
3. The school curriculum along with the family home is the ideal place for students to learn about nutrition and making healthy food choices.

### **Procedures**

1. Food and drink choices offered at St Francis' School promote a wide range of healthy and nutritious food and drink.
2. The Star Choice Buyers' Guide<sup>2</sup>, which is a register of all products that meet minimum nutrient criteria for the food type, is a resource used for planning menus and making decisions about service sizes.

3. Parents are actively encouraged, through discussions and newsletter notices, to provide their children with healthy food and drinks for recess and lunch.
4. The Western Australian School Canteen Association and local health professionals can provides advice to St Francis' School on menus and products suitable for use in schools.

#### **References**

- Catechism of the Catholic Church, page 364
- The Department of Education and Training 'Healthy Food and Drink Policy', Appendix C
- Western Australian School Canteen Association 'The Star Choice Buyers' Guide' available at [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au).
- 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) is considered conjointly with this Policy statement