



Mater Christi
Catholic Primary School

Policy:

Healthy Food and Drink Policy

Originally released:

2015

Date for review:

2020

Background

Mater Christi is committed to providing healthier food and drinks for the school community. The Australian Dietary Guidelines, the Australian Guide to Healthy Eating, the Health Promoting School's Framework and the Department of Education's Healthy Food and Drink Policy (Appendix 1) establish the basis for a healthy eating approach. A key message of the guidelines is to enjoy a wide variety of nutritious foods every day.

Role of Mater Christi's Canteen/Healthy Food and Drink Committee

Our Committee will:

- comply with the Department of Education's HFD policy
- provide a food service to the school community that:
 - meets their nutritional needs
 - promotes healthy food
 - prepares and stores food in a safe manner
 - is part of a whole school approach
 - is affordable and financially sustainable.
- reinforce nutrition messages being taught in the classroom by modelling healthier food and drink choices that are tasty, interesting and affordable. This can support students to make informed decisions about their health and wellbeing by influencing food choices by students at school and in the wider community, and help to equip students with the knowledge to continue to make healthy choices throughout their adult lives.

Mater Christi's Canteen/Healthy Food and Drink Committee

Mater Christi will have a Healthy Food and Drink Committee, with representation from students, parents and teachers. The committee will participate in the decision-making process for the canteen menu, pricing, purchasing and maintenance of equipment etc. The canteen committee will follow the terms of reference as agreed by the Mater Christi Catholic School Board.

Menu Planning (*see Appendix 2*)

Mater Christi's canteen menu will:

- include a minimum of 60% GREEN menu choices[\[1\]](#)
- include a maximum of 40% AMBER menu choices[\[2\]](#)
- not include food and drinks categorised as RED as they do not meet specified minimum nutrient criteria[\[3\]](#)
- limit savoury commercial AMBER products to no more than twice per week[\[4\]](#)
- List all items on the menu including drink sizes, ice-cream company names unless offering a 'special'

Healthy eating at Mater Christi will be supported by:

- changing the menu according to the summer and winter seasons

- having available every day and promoting a wide range of the foods that should make up the majority of a healthy diet (GREEN)
- offering a range of foods and taking into consideration Australia's multicultural society.

Whole School Approach

Our school is well placed to support healthy eating as it provides the opportunity for regular access to a 'captive audience' and has a vital role to play in helping to reduce the worldwide epidemic of obesity. Canteen staff, parents and school staff (teaching and non-teaching) can be positive role models and champions to endorse health promotion in schools.

The Mater Christi School and Canteen will work to support healthy eating by adopting a whole school approach. Consistent messages can be promoted through the curriculum, social and physical environments.

Mater Christi will adopt a whole school approach to promote healthy lifestyles through the following:

- healthy catering at meetings and events
- daily fitness programs/walk to school
- communication on healthy eating and/or other health promoting messages e.g. whole of school community newsletter; internal staff communications; schools noticeboards and classroom announcements
- non-food related fundraising initiatives
- fundraising initiatives which promote healthy eating and/or physical activity such as Mini Marathon.
- whole school staff (teaching and non-teaching) health and wellbeing initiatives e.g. professional development workshops and training about food, nutrition and broader health messages
- other school-based health promotion programs, such as Morning Fitness, Crunch & Sip, school kitchen gardens and Jump Rope for Heart.

Food Safety and Hygiene

Mater Christi will comply with the Food Act 2008 (WA) and the Food Regulations 2009, including:

- Our canteen will apply for registration with the local council as a food business.
- Our school will notify the local council prior to conducting a charitable or community event involving food (i.e. a cake stall or sausage sizzle).
- Information on these requirements will be sought from the local council prior to any school function, i.e. cake stall or sausage sizzle, where food will be provided.

It is a requirement that all canteen staff at Mater Christi must:

- Comply with the HFD policy and complete FoodSafe® Food Handler Training program or its equivalent, preferably prior to commencement
- Wear hats, hairnets and aprons which will be provided by the school.
- Not sell (or provide) foods made at home or brought in by parents/students from a commercial supplier through the canteen.
- Prepare, cook, transport and serve food in such a way as to retain nutrients and to minimise bacterial contamination and growth.

Occupational Health and Safety

The canteen at Mater Christi is a workplace and will comply with the *Occupational Safety and Health Act 1984* and *Occupational Safety and Health Regulations 1996* including:

- All canteen staff and volunteers to be made aware of evacuation procedures in case of fire or other emergency
- All canteen staff and volunteers to wear enclosed footwear. Shoes with heels or open sandals are not acceptable

- Students and teachers are not permitted to enter the canteen premises during normal trading hours unless it is part of a supervised school curriculum activity
- Only canteen staff and volunteers rostered for duty may enter the canteen premises during normal canteen opening hours
- Children (e.g. children of volunteers) are not permitted in the canteen during normal canteen opening hours.

Allergy and Anaphylaxis Management

Everyone working in the canteen (paid and volunteer staff) needs to be aware of the risks food allergies pose. It is important to:

- know how to identify and manage food allergens
- know what is in your food so that you can provide accurate information about foods a customer is allergic to
- know how to respond to enquiries from customers with food allergies.

ASCIA Action Plans will be displayed in the canteen in clear view of staff working in the canteen only (not customers).

Canteen staff will be encouraged to complete *All about Allergens* online training available free at <https://foodallergytraining.org.au/>

Canteen management issues

1. Employment
 - The canteen manager/canteen assistant shall be employed in accordance with the current legal requirements pertaining to minimum conditions, or a salary negotiated and approved under an enterprise agreement (minimum award conditions must apply, including superannuation)
 - The canteen will comply with equal opportunity guidelines for employment
 - The canteen manager/canteen assistant shall have a written job description agreed to by the Principal and employee.
 - The canteen manager/canteen assistant shall be appointed by, and if necessary dismissed by the Principal in consultation with Catholic Education WA and the employee.
2. Skills and Knowledge
 - Mater Christi recognises that compliance with the Department of Education's HFD policy requires the canteen staff to undertake 'traffic light' training conducted by the Western Australian School Canteen Association Inc. (WASCA).
 - The canteen staff will undertake 'traffic light' training in a timely manner.
 - Canteen staff and other school stakeholders will be encouraged to participate in additional professional development and training. For example, canteen network meetings provided by WASCA.
3. Pricing Policy/Profits
 - The primary objective of the canteen is to provide a nutritious food service
 - Profit making by the canteen will not be made at the expense of providing students with less healthy choices (AMBER).
 - The average mark-up on healthy (GREEN) items shall be lower than that applied to less healthy (AMBER) products.
4. Canteen/Food Service Equipment
 - The Principal shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used according to the appliance directions
 - The canteen manager shall report to the Principal any structural defect(s) within the canteen.

5. Gifts/Concessions

- All discounts, allowances, complimentary articles, gifts, concessions and the proceeds thereof from any supplier of goods or services, directly or indirectly, to the canteen shall remain the property of the canteen and be properly recorded and later accounted for at the time of stocktaking.

Distribution of the Policy

A current copy of the Department of Education's HFD policy and Mater Christi's Healthy Food and Drink policy will be on permanent display in canteen and on the school's website.

A copy of the current Mater Christi's Healthy Food and Drink policy (signed and dated) will be provided to all canteen and committee members at the first committee meeting following the School Board Meeting. This policy shall not be added too, or amended except at a review meeting by the Canteen and Healthy Food and Drink Committee.

Renewal of the Policy

This policy will be reviewed bi-annually by Mater Christi's Canteen and Healthy Food and Drink Committee and suggested amendments will be forwarded to the Principal.

Endorsement

We the undersigned, hereby certify that this policy was adopted at School Board Meeting held on:

_____ the _____ day of _____ 20 _____

Board Chair _____

Canteen Manager _____

Principal _____



Healthy food and drink compliance

The Department of Education's *Healthy Food and Drink* policy promotes healthy eating in schools. The policy is mandatory for all public schools (including Independent Public Schools).

det.wa.edu.au/healthyfoodanddrink

1. Develop a written healthy food and drink policy

waschoolcanteens.org.au/samplepolicy/

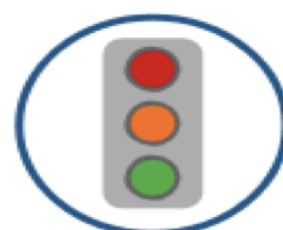


2. Promote healthy eating to the school community

School newsletter, website, breakfast program, healthy catering at events and meetings
waschoolcanteens.org.au/menus/ecanteens/

3. Complete traffic light training - online or face-to-face

waschoolcanteens.org.au/trainings/training-schedule/



4. Complete FoodSafe® Food Handler Training Program (or equivalent)

eh.org.au/resources/foodsafef

5. Canteen menu

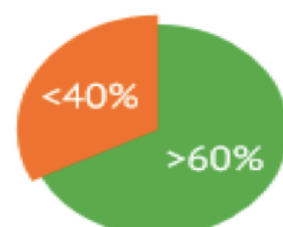
Green - fill the menu **Amber - select carefully** **Red - off the menu**



Green = always available



Snacks and drinks = restrict
Savoury commercial items = 2 days/week



The Western Australian School Canteen Association Inc. provide advice, training and resources to support canteens to operate healthy and viable food businesses. Access the Star Choice™ Buyer's Guide for **green** and **amber** products: waschoolcanteens.org.au/star-choice-program/product-database/

Healthy Food and Drink Project is funded by the Department of Health

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waschoolcanteens.org.au
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Appendix 2

What's on the menu in WA school canteens?

GREEN - FILL THE MENU Minimum 60% Encourage and promote EVERYDAY choices	AMBER - SELECT CAREFULLY Maximum 40% Do not let these foods dominate the menu and choose small serves	RED – OFF THE MENU NOT AVAILABLE
<ul style="list-style-type: none"> • Cereal foods – wholegrain cereals, pasta, noodles, rice, cous cous, quinoa • A variety of bread types including wholegrain/wholemeal • Vegetables and legumes e.g. stuffed potatoes, corn-on-cob, baked beans, 4 bean mix, garden salads, potato salad, coleslaw (using reduced fat dressings) • Fruit, fresh and frozen, whole, fruit salad, sliced fruit • Fruit canned in natural juice • A variety of sandwich/roll fillings, preferably served with salad e.g. • egg <ul style="list-style-type: none"> - reduced fat cheese - tuna, canned in spring water or brine - lean meats i.e. roast beef - yeast spreads • hummus • Lean meats, fish, poultry • Meals[#], especially those with vegetables e.g. pasta bake, curry and rice, frittata, soup, sushi, rice paper rolls • Reduced fat dairy products including: <ul style="list-style-type: none"> - plain milk - flavoured milk (375mL or less) - cheese • plain and flavoured yoghurt • Plain water • Plain mineral water 	<ul style="list-style-type: none"> • Savoury breads such as garlic, herb and pizza bases • Reduced fat pastry items[#] • Frankfurts and sausages for hot dogs and/or sausage sizzles[#] • Savoury commercial products, e.g. fish, chicken, potato portions, pizza[#] • Hamburger patties[#] • Processed meat e.g. ham, skin-free processed chicken • Assorted cakes/biscuits or muffins[#] • Sweet and savoury snack foods[#] • Plain dried fruit • Ice creams and icy poles[#] • Reduced fat flavoured milk • (more than 375mL & less than 600mL) • High schools only: reduced fat coffee flavoured milk (375mL or less) • Full fat dairy products e.g. plain milk, yoghurt, cheese • Full fat flavoured milk (375mL or less) • 99% fruit juices (250mL or less) and no added sugar • Dairy desserts[#] e.g. reduced fat custard, ice cream and mousse (milk/milk alternative listed as first ingredient) <p><i>NOTE: Reduced fat dairy recommended for children over the age of 2 years</i></p>	<ul style="list-style-type: none"> • Full-fat pastry items • Deep fried food of any description • Sweet sandwich fillings including jam, nut spreads, honey or confectionery sprinkles • High fat sandwich meats including polony and salami • Confectionery (e.g. chocolate, liquorice, cough lollies, and fruit juice based jellies) • Sweet or savoury snack items that do not meet the criteria e.g. potato chips • Soft drinks, cordial, sports drinks • Reduced fat flavoured milk • (more than 600mL) • Reduced fat coffee flavoured milk drink (more than 375mL) • Full fat coffee flavoured milks all sizes • Full fat flavoured milk (more than 375mL) • High caffeine drinks (e.g. drinks containing Guarana) • Chocolate coated and premium style ice-creams • Desserts: jelly; fruit with jelly; dairy desserts high in energy • Croissants, doughnuts, cream filled or iced buns/cakes, sweet pastries, slices • Fruit juice (more than 250mL) and/or with added sugar or sweetener • Water flavoured with fruit juice, sugar and/or sweetener

[#] **Must meet FOCiS/Star Choice™ nutrient criteria**

[1] GREEN menu choices must make up a minimum of 60%. Source: Department of Education's *Healthy Food and Drink* policy

[2] AMBER menu choices must not exceed 40%. Source: Department of Education's *Healthy Food and Drink* policy

[3] Source: Department of Education's *Healthy Food and Drink* policy

[4] Source: Department of Education's *Healthy Food and Drink* policy

