Healthy Foods and Drinks Procedures

Reviewed: 2024

Mel Maria Catholic Primary School believes their students are educated to understand that they are spiritual beings in a relationship with Go, this requiring our physical bodies to be cared for. The students at Mel Maria Catholic Primary School are encouraged to make healthy choices in their lives, including healthy food choices.

Sources of Authority: CEWA Community Policy
Executive Directive – Student Safety, Wellbeing and Behaviour

Scope

- This procedure applies to all members of the Mel Maria Catholic Primary School community.

Principles

1. A healthy and nutritious food and drink procedure makes a positive statement to students, staff members, parents and the broader 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 canteen serves the school community with nutritional food at affordable prices.
4. The school canteen choices complement the nutrition knowledge taught in the classroom and promote a school culture in which students actively choose nutritious food and a healthy lifestyle.
5. The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.
6. The school canteen complies 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.

Healthy Food and Drinks Procedures

1. Mel Maria Catholic Primary School's canteen promotes a wide range of healthy and nutritious food and drinks and follow the minimum standard required to ensure that menus follow the 60% green and 40% amber food and drinks, according to the traffic light system in Appendix C of the Department of Education and Training Healthy Food and Drink Policy.
2. Other food and drink choices will promote a wide range of healthy and nutritious foods and drinks.
3. The Star Choice Buyers Guide, which is a register of all products that meet the minimum nutrient criteria, is used as a resource for planning menus and making decisions about serving sizes.

4. Mel Maria Catholic Primary School uses the Western Australian School Canteen Association for advice on menus and products suitable for use in school.

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Approved By	Paul Hille	Next Review Date	02/2027	Printed copies of this document are not controlled.
Originally Released	2022	Review Frequency Annually	Reviewed	2024