



St Benedict's School Applecross Policy

Healthy Food and Drink Choices:

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Reviewed; 2017

1. RATIONALE

The human person, though made of body and soul, is a unity . . . 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 Benedict's School are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. The students of St Benedict's are encouraged to make healthy choices for lives including healthy food choices.

2. PRINCIPLES:

2.1 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.

2.2 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.

2.3 The school canteen should serve the school community with nutritional food at affordable prices.

2.4 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.

2.5 The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.

2.6 The School canteen comply 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.

3. PROCEDURES:

3.1 St Benedict's School canteen will promote 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. 3.2 Other food and drink choices will promote a wide range of healthy and nutritious food and drink.

3.3 The Star Choice Buyers Guide, which is a register of all products that meet

minimum nutrient criteria, is used as a resource for planning menus and making decisions about serving sizes.

3.4 St Benedict's uses the Western Australian School Canteen Association for advice on menus and products suitable for use in schools.