



# ST MUNCHIN'S CATHOLIC SCHOOL

## HEALTHY FOOD AND DRINK CHOICES

### 1. Rationale

Students at St Munchin's Catholic School are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. Catholic schools encourage students to make healthy choices for their lives including healthy food choices. This process applies to all students from Pre Kindy to year 6

### Principles

A healthy and nutritious food and drink plan 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 at St Munchin's Catholic School work together to support a whole-school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle.

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

Healthy canteen choices complement the nutritional 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 provides opportunities for students to learn about nutrition and making healthy food choices.

School canteens 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.

This plan also extends to classroom rewards, cooking activities, school camps and excursions.

### Procedures

St Munchin's school 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<sup>2</sup>.

St Munchin's Catholic School is an allergy aware school.

The Star Choice Buyers' Guide<sup>3</sup>, which is a register of all products that meet minimum nutrient criteria for the food type, is used as a resource for planning menus.

St Munchin's Catholic School will liaise with The Western Australian School Canteen Association and local health professionals to provide advice on menus and products suitable for use.

### 5. References

<sup>1</sup>Catechism of the Catholic Church, page 364

<sup>2</sup>The Department of Education and Training 'Healthy Food and Drink Policy', Appendix C

<sup>3</sup>Western Australian School Canteen Association 'The Star Choice Buyers' Guide' available at [www.waschoolcanteens.org.au](http://www.waschoolcanteens.org.au)

### 6. Related Documents

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) shall be considered conjointly with this Policy statement