



# Healthy Food & Drink Choices

Version	5
Short description	Lumen Christi College encourages students to make healthy choices regarding the foods they eat and the beverages they drink.
Relevant to	All employees
Authority	This Policy has been approved by the Leadership Team
Responsible officer	Deputy Principal (Pastoral Care)
Date introduced	2008
Date(s) modified	2010, 2013, 2014, 2019
Next scheduled review date	2023
References	<a href="#"><i>Bishops Mandate for the Catholic Education Commission of Western Australia 2009 – 2015</i></a>
Related documents	<a href="#">Catholic Education Commission of Western Australia Occupational Safety &amp; Health</a> <a href="#">The Australian Guide to Healthy Eating</a> <a href="#">The National Dietary Guidelines for Children and Adolescents in Australia (2003)</a> <a href="#">Anaphylaxis Management Guidelines for Schools: Department of Health</a>

## Healthy Food and Drinks Choice

### Introduction:

Lumen Christi College encourages students to make healthy choices regarding the foods they eat and the beverages they drink.

To practice this, the College runs an accredited Canteen through the Western Australian School Canteen Association by providing a Healthy Choice Menu.

### A Healthy Choice Menu is based on the:

- [National Dietary Guidelines for Children and Adolescents in Australia](#)
- [Australian Guide to Healthy Eating](#)
- [Traffic Light System](#) for rating the suitability of food and drinks
  - Green** - Fill the menu with at least 60% of green choices.
  - Amber** - Select carefully, no more than 40% amber choices.
  - Red** - Off the menu

The aim of the Canteen is to provide students with the best possible food produce using the resources currently available, and to provide a service for parents, students and teachers that is nutritious and healthy without making it cost prohibitive. The College Canteen is a Nut Free aware Canteen in accordance with the Anaphylaxis Management Guidelines for Schools

### 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.

‘Catholic schools contribute to the development of our young through education, particularly to their formation in Christian conscience and virtue’. (*Mandate, para 6*)

Students in Catholic schools are educated to understand that they are physical/spiritual beings in relationship with God. Catholic schools encourage students to make responsible choices for their lives including healthy food choices.

Catholic schools have a legislative responsibility to provide appropriate levels of care to students in the education environment.

The Star Choice Buyers’ Guide, which is a register of all products that meet minimum nutrient criteria for the food type, is recommended as a resource for planning menus and making decisions about serving sizes.

The Western Australian School Canteen Association and local health professionals can provide advice to schools on menus and products suitable for use in schools.

### Definitions:

The ‘Traffic Light System’ is a rating for the suitability of food and drinks.

### Principles:

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. The College realised that it is important that parents, staff members and students work together to support a whole-school approach to building a culture at the College in which students actively choose nutritious food and a healthy lifestyle.

The College Canteen endeavours to provide nutritional food at affordable prices as its main focus when providing food to students and staff at the College. Healthy Canteen and vending machine choices complement the nutrition knowledge taught in the classroom and promote a culture at the College of healthy eating that may extend into the wider family and community. The Lumen Christi College Canteen complies with the Catholic Education Commission of Western Australia’s policy statement 2-C14 ‘Occupational Safety and Health in Schools’ in order to provide safe handling, preparation and serving of food.

### Procedures:

Lumen Christi College Canteen, in consultation with the College community, has developed a culturally inclusive College based Healthy Food and Drink Choices policy.

The Lumen Christi College Canteen will promote a wide range of healthy and nutritious foods and drinks and follow the minimum standard required to ensure that menus follow the Traffic Light System (Appendix C of the Department of Education and Training's *Healthy Food and Drink Policy*).

Other food and drink choices for school-based activities at the College shall follow the minimum standard required and ensure that menus follow the 60% 'green' and 40% 'amber' foods and drinks, according to the Traffic Light System in Appendix C of the Department of Education and Training's *Healthy Food and Drink Policy*.

The College's Canteen staff members are trained in safe food handling, hazard identification, risk management and allergy prevention. Volunteers to the Canteen are also familiar with these practices.