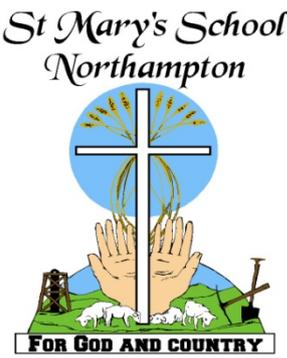


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|  | Topic: | Healthy Food and Drink Choices |
| | Policy No: | 2-D4 |
| | Policy Area: | Community |
| | Standing Committee: | School Personnel Committee |
| | Date Promulgated: | 2008 |
| | Date for Review: | 2017 |

Originally Released: 2008
Reformatted: 2010
Reviewed: 2014

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...” (#364. Catechism of the Catholic Church).

Students at St Mary’s 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.

PRINCIPLES

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. 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. School canteens should serve the school community with nutritional food at affordable prices. St Mary’s School does not have its own canteen but ensures the students receive healthy lunches from the local BP Roadhouse.
4. The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.
5. St Mary’s School is a ‘Crunch & Sip’ School, with a Crunch & Sip Policy.

PROCEDURES

1. St Mary's School, in consultation with their school community, shall develop a school based Healthy Food and Drink Choices Policy.
2. St Mary's School promotes a wide range of healthy and nutritious food and drink options on their lunch order lists with BP Roadhouse.
3. St Mary's School shall 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. Alternatively, refer to Department of education Healthy Food and Drink Choices in Schools [file:///H:/traffic_light_table_Aug_2013%20\(2\).pdf](file:///H:/traffic_light_table_Aug_2013%20(2).pdf)