

CANTEEN HEALTHY FOOD POLICY

Why have healthy foods in canteens?

The school's canteen reflects the value the school puts on healthy eating practices. The canteen is an integral part of the school and as such, illustrates and complements classroom programs. As well as an educational role, it has important service, social and a cultural role in our multicultural society.

The provision of an efficient and effective canteen at the school provides opportunity to reinforce healthy eating.

For the students who use the canteen regularly the food purchased there makes a significant contribution to total food intake and nutrition. Nutrition is important to health throughout life. It is particularly important at times of rapid growth and development, which include the school years.

It should provide a healthy choice of service for parents wishing to purchase lunches or snacks for their children.

Aims:

To ensure that any foods provided by the school are consistent with a healthy eating philosophy

Implementation:

- The development of an appreciation of healthy foods and healthy eating habits form part of the curriculum
- The canteen coordinator will ensure that all foods served at the canteen comply with the school council's approved healthy foods approach to supply food that is low salt, low sugar, low fat, high fibre, high in calcium and iron where ever possible. A record of the levels of salt, sugar, fat, fibre, calcium and iron be recorded on food items sold.
- The school will ensure that a supply of drinkable water is available at the school and school events at all times.
- Staff members will be encouraged to model healthy eating habits whilst at school.
- Students will have access to their own water bottles during class lessons.
- Healthy food choices in canteen will be promoted through the school newsletter, assemblies, classroom programs and parent education sessions. eg fruit break
- Appropriate training to be provided to any paid staff and volunteers in the canteen
- Canteen Coordinator/s will be appointed by School Council.
- In consultation, School Council with the Canteen Coordinator/s will have responsibility for the daily operations of the canteen –
 - Volunteer list
 - Planning special lunch days
 - Keeping abreast of current food hygiene standards
- The canteen coordinator/s should be conscious of the role the canteen has in supporting the schools Healthy food Policy.
- School Council will be responsible for maintenance and replacement of equipment.

- Canteen to be operative as soon as possible from the start of the school year.
- Establish a canteen subcommittee comprising at least one school council member, one staff member, canteen coordinator and one parent with a view to meeting regularly, e.g. once per term. This group to oversee any operational procedures.
- Set purchasing guidelines for children that eliminate potential pressure on vulnerable children to provide food to peers.

Distribution:

A current copy of this policy and supporting documents will be on permanent display in the school canteen.

Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

Approved by School Council: