



St Joseph's School, Boulder

Healthy Food and Drink Guidelines

Updated: 2021

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.

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 choose to actively choose nutritious food and a healthy lifestyle.
3. Nutritional food is the main focus when providing food to students in school communities.
4. Healthy canteen choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that may extend into the wider family and community.
5. The school curriculum, along with the family home, is the ideal place for students to learn about nutrition and making healthy food choices.
6. School communities and others supplying food in schools comply with the CEWA policy statement 2-C14 'Occupational Safety and Health in Schools' in order to provide safe handling, preparation and serving of food.
7. School communities express their culture and traditions through events of significance which may include traditional and celebratory food choices.

PROCEDURES

1. The school principal shall ensure that appropriate staff are trained in safe food handling, hazard identification, risk management and allergy prevention.
2. The school canteen shall promote a range of healthy 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. St Joseph's aspires for the menus to follow 70% 'green' and 30% 'amber' food and drinks.
3. School activities providing food and drink choices, other than through the school canteen, will promote a healthy range of healthy and nutritious food and drink.
4. The Western Australian School Canteen Association and local health professionals can provide advice to schools on menus and products suitable for use in schools.

HEALTHY FOOD AND DRINK CHOICES POLICY

St Joseph's has a long term vision of embracing a whole school approach to individual health across the school environment, school curriculum and the school community through collaboratively promoting healthy eating to our students.

The traffic light system is currently used in identifying healthy food choices at the St Joseph's Canteen where Green foods are the best choices and encouraged, Amber foods are selected carefully and eaten in moderation and Red foods are not allowed. The Canteen Association of WA provides a list of foods in each category. Please see the last page of this policy.

Green foods:

- Are a good source of nutrients
- Contain less saturated fat and/or added sugar and/or salt
- Help to avoid an intake of excess energy kilojoules
- Examples include cereal foods such as bread, pasta and noodles (preferably whole-grain), fruits, eggs, reduced fat dairy products, lean meats, plain water, vegetables and legumes.

Amber foods:

- Have some nutritional value
- Contain moderate levels of saturated fat and/or added sugar and/or salt
- Can, in large serve sizes, contribute excess energy in kilojoules
- Examples include processed meat (eg. ham), full fat dairy products, sausages, dried fruit, fruit juices and icy poles.

Red foods:

- Lack adequate nutritional value
- Are high in saturated fat and/or added sugar and/or salt
- Can contribute excess energy in kilojoules
- Examples include pastry items, Nutella, chocolate covered ice-creams, deep fried items, potato chips, lollies and chocolate yoghurt.

The long term aim is to apply this system to other situations where food is involved, such as school events and classroom activities.

In an effort to support healthy food and choices, the St Joseph's School Community is encouraged to consider the following in relation to promoting healthy eating;

Class Parties

- May be scheduled at the end of the year only
- Children may share food that is brought in by other children for the party
- Teachers will send home a suggested checklist of types of foods that could be brought in for class parties ensuring it adheres to the Traffic Light system – green foods more, amber foods less. Suggested foods that can be brought in for class parties include:
 - Pikelets
 - Muffins or cakes that are fruit based or low in sugar
 - Pop corn
 - Fruit pieces or fruit kebabs
 - Vegetable dippers with hummus, guacamole or salsa
 - Sushi
 - Muffin or pita bread pizzas with lean meats and cheese
 - Cheese sticks and crackers
 - Raisin bread or toast
 - Fruit platter with yoghurt dip
 - English muffins
 - Corn on the cob
 - Rice cakes or crackers
 - Crumpets
 - Plain biscuits e.g. grissini sticks, arrowroot, milk coffee, shredded wheat
- Only a small plate of food be sent in to class.

- Red foods are highly discouraged, but if red foods are provided by parents (eg. chips, chocolate, lollies), the teacher will serve these items to children, ensuring appropriate portion control.

Class Cooking

- Teachers who plan for cooking learning experiences should follow the Traffic Light system in choosing healthy recipes for the children to make.
- Foods to make may include items such as:
 - Pikelets
 - English muffin base pizzas
 - Healthy fruit muffins
 - Healthy fruit slice
 - Banana bread
 - Lasagne
 - Fried rice

Class/School Rewards

Staff will not use food items as part of their classrooms reward system, in order to support the healthy ethos of the school and reinforce the health lessons taught in the classroom.

Food used as part of classroom learning tasks will be portion controlled and served by staff.

Children's Birthdays

Birthdays are celebrated in class with the teacher and classmates and each student receives a Happy Birthday sticker, birthday card from the Principal and has the 'Happy Birthday' song sung to them. Some classes may also choose to have a birthday hat, crown, badge etc. The children's birthdays are well celebrated at school and parents should not feel pressured to send treats. However, if parents still choose to send something, a small non-food item is encouraged or, if a food item is chosen, it needs to align with the Traffic Light system. Parents are asked not to send in chocolate, lollies, chips, cupcakes, etc.

Crunch and Sip

Crunch and Sip is a set break time where children eat fruit or vegetables and drink water in the classroom. Students refuel with fruit or vegetables during class time to assist their physical and mental performance and concentration. Each child is required to bring a water bottle to class to drink from throughout the day.

Whole School Celebrations/Events and Religious Celebrations

St Joseph's celebrates Easter, Christmas and Sacraments as special events on the religious calendar through assemblies, school masses and classroom lessons. We discourage parents from sending in candy canes, Easter eggs, etc for their child to share with others and ask that you support the Healthy Food and Drink Choices Policy. Any whole school, or class-based celebration which may involve a special treat (eg. a class cake to celebrate First Communion), will be limited and consumption carefully monitored by the staff.

Parent Information sessions

St Joseph's will endeavour to organise annual parent information sessions on topics such as healthy lunch box ideas, eating for sports performance, healthy body – healthy brain, eating for energy. Information will also be shared through the fortnightly school newsletter.

Lunchboxes

Parents are encouraged to provide a healthy recess and lunch for their child/children. Parents are encouraged to follow the 60% 'Green' foods, 40% 'Amber' foods and not provide 'Red' foods in lunch boxes. Fast food should not be dropped off or provided to students for recess or lunch.

P & F Events/Fundraising Events

The St Joseph's P & F will endeavour to follow the Traffic Light system when organising food at various functions. Red foods may be offered, but only with the prior approval of the principal. Consideration to the time involved for our P & F volunteers to prepare green and amber foods for a large number of participants will be taken into consideration when deciding this. On occasion, red foods will be the most timely and

economical option, but will be kept to a minimum and carefully portion controlled. When this occurs, parents will be notified in advance and will be able to provide an alternative for their child for the event, if they so choose.

Anaphylaxis Management – St Joseph's is an allergy aware school and parents are asked not to provide any products to their children that contain nut products (eg. nut bars, Nutella, peanut butter). If a child enrolls in the school and has a severe allergy to something other than nuts (eg. to eggs), parents may also be asked to refrain from sending these items too to ensure the safety of that child. Parents will be advised if this occurs.