

CANTEEN & NUTRITION POLICY

Rationale

The school's canteen reflects the values that the school holds about nutrition and healthy eating. Nutrition has a major influence on health and wellbeing, and a direct impact on the physical and cognitive development of children. Teaching children about good nutrition and healthy food choices through the curriculum and through the canteen, provides an important opportunity for the school community to make a positive contribution to the health of students. In addition to providing nutritious food, the canteen has an important health-promoting, educational and socio-cultural role within the school.

Aims

1. To develop a whole-school environment where the principles of good nutrition and healthy eating are fostered.
2. To support the canteen to provide a nutritious and attractively presented selection of food and drink at reasonable prices.
3. To comply with health and government regulations with regards to safe food handling practices.

Implementation

This policy is to be read in conjunction with the Education Department's *'Go For your Life Healthy Canteen Kit Food Planner'* and the Department of Health's *'Healthy School Canteens Guidelines for healthy foods and drinks supplied in school canteens'*.

1. Birralee Primary School is committed to supporting a healthy food philosophy by:

1. Providing food consistent with the *'Dietary Guidelines for Children and Adolescents in Australia'* and the Education Department's *'School Canteens and Other School Food Services Policy'*.
2. Linking classroom and other school activities to complement and reinforce healthy eating messages where possible, e.g. at school camps and excursions, and at school events and fundraising activities that includes students.
3. Offering a wide range of food that takes into consideration Australia's multicultural society.
4. Including a requirement to meet the above-mentioned guidelines in tenders and contracts with food and drink suppliers, e.g. an external provider of lunch orders.
5. Any exceptions to this policy requires approval from the school Principal. Exceptions may occur based on the type of event being catered for, e.g. a volunteer or staff recognition event, an end-of-year celebration, the School Fair or at School Production.

2. Canteen Menu Planning and Operating Times

1. The canteen will promote and market healthy choices using the 'Traffic Light System' (*ref. Healthy Eating Advisory Service*), i.e.
GREEN: 'everyday' food
AMBER: 'choose carefully' food
RED: 'occasional' food
2. Plan menus in accordance with the 'Go for your life' *Healthy Canteen Kit – Food Planner*'.
3. Use a different menu for each school term: Terms 1 and 4 to incorporate summer seasonal food and Terms 2 and 3 to include winter seasonal food.
4. The Canteen Committee and School Council have a responsibility to endorse suggested menu changes prior to the changes being introduced.
5. Suggested changes to the menu and/or operating hours can be made at any time during the year, but when the Canteen and Nutrition Policy is reviewed (annually), the canteen menu and/or operating hours will also be reviewed.

3. Food hygiene and safety

1. The canteen service must comply with current food safety and hygiene regulations.
2. The canteen co-ordinator must complete the relevant food hygiene and safety training, e.g. 'The Certificate in Food Safety' and is responsible for training and maintaining the canteen volunteers in their practice of current standards.
3. The canteen co-ordinator must provide and ensure that aprons, gloves and hats or hairnets are worn in the canteen, at all times.
4. The canteen co-ordinator and volunteers must have current Working with Children Check registrations which are registered at the school's administration office.

4. Financial management

While it is important for the canteen to be managed as an efficient business, it must be recognised that the main purpose of the canteen is to provide a healthy food service to the school community.

5. Canteen equipment

1. The canteen committee shall provide essential, safe equipment and ensure that it is well maintained, in good repair and used correctly according to any OH&S standards.
2. The canteen committee or canteen co-ordinator shall report any structural defects within the canteen to the Principal.

6. Review and monitoring of the Canteen and Nutrition Policy

1. A current copy of this policy and supporting documents will be on permanent display in the school canteen.
2. The policy will be reviewed annually by the Canteen Committee and suggested amendments will be forwarded to the School Council for their endorsement.
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References

1. Education Department's "Go For your Life Healthy Canteen Kit Food Planner"
<http://www.education.vic.gov.au/Documents/school/principals/management/gfylplan.pdf>
2. Department of Health's "Healthy School Canteens Guidelines for healthy foods and drinks supplied in school canteens"
[https://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF0001DAB17/\\$File/Canteen%20guidelines.pdf](https://www.health.gov.au/internet/main/publishing.nsf/Content/5FFB6A30ECEE9321CA257BF0001DAB17/$File/Canteen%20guidelines.pdf)
3. Dietary Guidelines for Children and Adolescents in Australia
http://www.imagineeducation.com.au/files/CHC30113/Dietary_20Guidelines.pdf
4. Department of Education & Training's School Canteens and Other School Food Services Policy <http://www.education.vic.gov.au/Documents/school/principals/management/gfylpolicy.pdf>
5. Healthy Eating Advisory Service – Traffic Light System
<http://heas.health.vic.gov.au/sites/default/files/HEAS-traffic-light-system.pdf>
6. **Go for Your Life – Food Safety**
<http://www.education.vic.gov.au/Documents/school/principals/management/gfylmanfoodsaf.pdf>

Evaluation

This policy will be reviewed annually.