



Healthy Eating Policy

CONTEXT STATEMENT

The Healthy Eating in Schools Policy will apply to the provision of food and drink in the school context. Samaritan College will provide an opportunity for students and staff to purchase food, snacks and drinks at appropriate times during the school day. The College recognises appropriate modeling through teaching programs and canteen provision will play an educative role in students making healthy consumption choices, both at school and in their wider life beyond school.

UNDERLYING ASSUMPTIONS, PHILOSOPHY & RATIONALE

- The provision of healthy food and drink options at the College is fundamental to promote good health amongst students, staff and parents/caregivers;
- The three campuses will share common goals and actions with regard to food and drink provision, [relative to age related needs] in order to provide adequate and healthy options;
- The College has a responsibility to provide a positive social environment that shapes eating behaviour that is health enhancing;
- All food preparation, provision and education conducted at the College should reflect health enhancing philosophies can be learnt, practiced and supported by the College community;
- The provision of adequate choices by the canteen ensures senior secondary students remain on campus throughout the school day;
- The canteen will support the College curriculum in the promotion of healthy food choices. The canteen will also support all co-curricular promotional activities;
- Consultation with health professionals and services will ensure relevant people have up to date information about community food and nutrition issues;
- Partnerships with food industry and related organisations including sponsorship arrangements will need to ensure adherence to the [Healthy Eating Guidelines](#);
- Canteen volunteers are an important group within the community. The College sees their role as integral and supports their contribution to the functioning of the school canteen on each campus.

PURPOSES / AIMS

Through the application of this policy Samaritan College will:

- Foster positive communication and relationships with families to support healthy eating knowledge, understanding and practice;
- Provide a wide variety of safe, affordable foods to the students and staff of the College;
- Provide choices for students with specific food related health support needs;
- Provide an opportunity for families to participate in a valued manner in the life of the College;
- Develop a coordinated approach linking food activities on the College site to the curriculum;
- Ensure packaged foods meet the legislative requirements;
- Comply with food safety legislation as required under the [Food Act 2001](#);
- Comply with the [Australian Guide to Healthy Eating](#);
- Comply with the [Eat Well Be Active Strategy for South Australia 2011-2016](#)
- Comply with Work Health and Safety guidelines to ensure the safety of staff and volunteers.

GUIDELINES & PROCEDURE

In support of this policy Samaritan College will:

- Provide opportunities for students and staff to learn through both formal and informal curriculum, empowering them to make healthy food choices;
- Provide a suitable canteen at each campus for student and staff use;
- Ensure the canteen area meets Food Safety Regulations regarding the receiving, storing, preparation and sale of food;
- Employ Canteen Managers to oversee the management of the canteen and volunteer staff;
- Provide sufficient education and training for the Canteen Manager to ensure that Food Safety Regulations and [Healthy Eating Guidelines](#) are met;
- Induct all staff and volunteers in Occupational Health Safety & Welfare procedures and practices.

The Co Principals will:

- Be responsible for the implementation of the Food Safety Regulations and [Healthy Eating Guidelines](#) across the College;
- Ensure the Canteen Managers are informed of relevant Catholic Education Office or Government policies, legislation, regulations and curriculum developments that will affect the canteen;
- Be responsible for the financial statements for the canteen, and provide these to be audited with the College accounts;
- Ensure healthy food options are available for events not utilising the canteen i.e. Sports Day, Patrons Day
- Monitor how many occasions non-healthy food is provided to students for special events i.e. hot chips at Recess by SRC, shared morning tea
- Monitor the policies and procedures of any programs connected to Samaritan College and their healthy eating. This includes the College's Out of School Hours Care facility.

The Canteen Managers will:

- Follow the guidelines to determine what foods will be sold at each canteen;
- Be responsible for the promotion of foods sold by:
 - publishing the canteen price list throughout the year, as required;
 - pricing food to enable cost recovery;
 - undertaking responsibility for any point-of-sale promotion;
- Support the volunteer staff by:
 - making the canteen a welcoming environment;
 - ensuring all items are clearly priced and easy to find;
 - maintaining the roster for volunteer staff;
- Open the canteen during the recess and lunch breaks only or when directed by the Co-Principals;
- Ensure that Food Safety Regulations are met by:
 - maintaining knowledge and skills in the area of food safety;
 - pre-packaging foods to limit food handling and labelling appropriately;
 - monitoring the temperatures of refrigerators, ovens etc as required;
 - manage stock levels to ensure freshness of the foods;
- Choose suppliers compliant with the guidelines and order supplies accordingly.

The Staff will:

- Support the process for students to order food from the canteen;
- Provide adequate supervision of the canteen area during recess and lunch breaks; and to provide time for students to take part in '[Crunch n Sip](#)' and other Government health initiatives;
- Liaise with the Canteen Manager regarding school curricular requirements of their classes and ways in which the College canteen can assist (eg closing canteen when a class is proposing to sell pancakes, making food packages available to classes for study, 'bread roll' day);
- Assist in promoting importance of the healthy eating options provided by the canteen;
- Model good practice in their individual food and drink selection whilst on site;

- Ensure healthy options are maintained on camps and excursions. This includes monitoring the amount of ‘fast food’ the students have access to and limiting the visits to shops when walking to and from the activity;
- Support healthy eating practices in their curriculum planning.

The Students will:

- Place orders for food using the identified procedures;
- Use the canteen during the designated periods only;
- Liaise with the Canteen Manager regarding specific activities as directed by their teacher;
- Receive copies of the canteen menu and price list;
- Adhere to the Healthy Eating Policy, including food/drink taken on camps/excursions.

The Parents / Caregivers will:

- Support students in using the canteen according to College procedures;
- Be encouraged to participate as a volunteer for the canteen;
- Be made aware of the [Healthy Eating Guidelines](#) for schools and be encouraged to practise in home preparation of lunches and snacks;
- Provide healthy food options for their child when on camps/excursions i.e. snacks on the bus.

The College Board will:

- Participate in the development, implementation and review of this policy.

BASES OF DISCRETION

Opening hours of the canteens are subject to change due to College requirements and the availability of volunteer staff.

The College may choose, under the [Healthy Eating Guidelines](#), to stage ‘one off event’ which involves a variation from the recommended food supply.

SUPPORTING DOCUMENTS

- The School Canteen Manual: A Hands On Approach for South Australian Schools – Children’s Health Development Foundation
- [DECD Healthy Eating Guidelines](#) including the ‘[Right Bite](#)’ and ‘[Crunch n Sip](#)’ programs
- [Food Safety Standards](#)
- [Occupational Health & Safety and Food Safety – Catholic Education Office](#)
- [Eat Well Be Active Strategy for South Australia 2011 – 2016](#).

ADMINISTRATION

This policy will be reviewed triennially by the College unless otherwise required.

Signed: _____

Co Principal

Co Principal

Chair of College Board

Date: _____

Ratified and Implemented

Review Date: May 2019