



# CANTEEN

## POLICY

### **Rationale:**

The purpose of this policy is to ensure school food services provide food and drinks which contribute to a supportive, healthy school environment.

The provision of an efficient canteen at the school provides opportunities to reinforce healthy eating practices at Recess time only and presents an opportunity to raise funds for the school.

**Note – The provision of student lunches is sourced by an external provider and is not part of the school canteen.**

### **Summary**

- A school culture in which students actively choose nutritious foods and a healthy lifestyle supports learning and health outcomes for children and young people.
- Victorian government schools including primary, secondary, special and language schools, should support a healthy eating culture by developing a healthy school food services and promoting healthy eating principles. Schools should ensure healthy food choices are the major option made available to the school community by their school, and should never supply high sugar content drinks or confectionery.

### **Details**

#### **Background**

School food services can have a major impact on the foods and drinks that students are exposed to and consume. Enjoyment of healthy foods and drinks has a wide range of positive benefits for student health and learning outcomes such as:

- providing important nutrients that students need to be alert and engaged in classroom
- activities and for healthy physical development and performance
- supporting the development of healthy eating habits and preferences
- paving the way for good health and prevention of chronic illness

It is important that parents, teachers and students work together to support a whole-school-approach to healthy eating and build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

A healthy school food service:

- makes it easy for students to choose healthy snacks and meals
- offers a variety of nutritious foods
- promotes foods that are consistent with Australian Dietary Guidelines
- can be an avenue for consistent and continual health education
- complements the diverse elements of the school curriculum
- involves students, parents and the wider school community
- is an integral part of the entire healthy school environment

It is important that parents, teachers and students work together to build a school culture which supports students to choose nutritious foods and drinks, and a healthy lifestyle.

To support a whole-school-approach to healthy eating schools should:

- work with parents, teachers and students to promote healthy eating practices
- apply a healthy eating approach to all food and drink services provided to the school community by the school
- ensure healthy food choices are made available to the school community by their school
- ensure EVERYDAY food and drinks are always available as the main choices and SELECT CAREFULLY food and drinks are selected carefully and limit the availability of OCCASIONALLY food and drinks. (refer to Guidance tab for details on these food categories)
- never supply:
  - high sugar content drinks such as energy drinks and flavoured mineral waters with high sugar content
  - confectionery such as chocolate, lollies, yoghurt compound and coatings, fudge and chewing gum (refer to Resources for the School Confectionary Guidelines)

The policy applies to

- all foods and drinks provided in the following areas within the school environment:
  - school canteens
  - school sporting days, social events and productions
  - school-based breakfast programs
  - College Cafe

This policy does not apply to:

- foods and drinks used for the management of individual student's health conditions
- student lunches and snacks brought from home
- student birthday celebrations
- non-school-related events and activities managed by external organisations on school grounds, for example community sport

- school camps

**Evaluation:**

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

This policy was last ratified by School Council in....

**AUGUST 2020**

Danny Forrest  
**Principal**

Bruce Goddard  
**School Council President**