Healthy Eating / Canteen Policy

Copperfield College
Years 7-12

Rationale:

The Victorian Government released a Healthy Canteen Kit for School Canteens and Other School Food Services Policy document in December 2006. This document applies to “…food services within the school environment, for example school events such as celebrations and sports days, vending machines and foods used in curriculum activities.”

Within this document foods were divided into specific colours and categories; foods which can be sold daily (green); foods which can be offered only on certain days of the week, need to select carefully (amber) and foods which can be sold only on a couple of occasions in the Term (red). This document is on Sharepoint so all staff can access the information.

The canteens on all our campuses have complied with these requirements.

Aim:

The college aims to have a whole school approach to healthy eating and to follow the healthy eating guidelines set out by the Department. The aim of this document is to clarify the implications for other food services within the school environment such as Breakfast Club, Fundraisers, End of Term Class Parties and the Teaching Classes.

Implementation:

The College is responsible for ensuring the implementation of the objectives within this policy into everyday practice. All staff have the responsibility to read and respond to the recommendations.

Canteen

The 3 canteens are to follow the Department guidelines in the School canteens and other school food services policy on types of foods to be offered to our students and staff.

Breakfast Club

The breakfast club would only be permitted to serve products that adhere to the School Canteens and Other School Food Services Policy with particular reference to the Red Foods category which prohibits fried foods.

Fundraisers

Only permitted to sell products that are permitted to be sold in the canteen. Guidelines are available from each general office and should be checked prior to organising the fundraiser.
In particular, no confectionery or high sugared drinks can be sold. Cakes/Donuts would fit in the red category, so no more than two times per term per campus.

**Class Parties / Celebrations**

Should only be permitted to order in goods that are allowed to be sold in the canteen. Guidelines are available from each general office. In particular, no confectionery or high sugared drinks. Foods such as Pizza should be offered to each individual group no more than twice per term (amber category, which is “select carefully”).

Students are not to bring foods from home for sharing, unless it is labelled with all ingredients (due to food allergies and possible triggers for anaphylaxis).

**Classroom Food Preparation Classes**

Teachers are to highlight to students the categories of foods (Green, Amber and Red) as a part of their education related to foods.
It is suggested that teachers design their curriculum so that they adhere to the recommendations of frequency of foods as stated in the School Canteens and Other School Food Services Policy.