



# HEALTHY FOOD CHOICES

Written: 2014

*Next Review: 2017*

## **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 the students, staff members, parents and the broader community of Birlirr Ngawiyiwu 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 actively choose nutritious food and a healthy lifestyle.
- 3 Birlirr Ngawiyiwu aims to provide nutritional food with the support from Kimberley Land Council and Food Bank.
- 4 The food made and distributed through Birlirr Ngawiyiwu canteen complements the nutrition knowledge taught in the classroom and promotes 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 Birlirr Ngawiyiwu complies with the Catholic Education Commission of Western Australia policy statement 2-C14 ‘Occupational Safety and Health in Schools’ in order to provide safe handling, preparation and serving of food.



## **Procedures**

1. Birlirr Ngawiyiwu canteen promotes a wide range of healthy and nutritious food and drinks and follows 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. In addition we provide a healthy breakfast, fruit for morning tea and a hot lunch which includes vegetables (fresh when available /frozen)
2. Food Bank and Kimberley Challenge is a source of menu selection which complies with healthy eating recommendations as per the above.
3. Food Bank and Kimberley Land Council provide food/funds to enable Birlirr Ngawiyiwu provide healthy meals using a variety of fruit and vegetables daily
4. Birlirr Ngawiyiwu provides a
  - a. Healthy Breakfast – Foodbank
  - b. Morning Tea – Fruit + sandwich or muffins etc
  - c. Hot Lunch – protein, pasta/rice, fresh and/or frozen vegetables