



NAGLE CATHOLIC COLLEGE

POLICY AND PROCEDURES

HEALTHY CANTEEN FOOD & DRINK

Original Due for Review: 2018

Rationale Students at Nagle Catholic College are educated to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. We encourage students at Nagle Catholic College to make healthy choices for their lives including healthy food choices.

Principles And Procedures

- Our school canteen will strive to serve the school community with nutritional food at affordable prices.
 - A healthy and nutritious food and drink policy makes a positive statement to students, staff, parents and the broader community about our commitment to encouraging students to make healthy food choices and care for their physical bodies.
 - It is important that all work together to support a whole-school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle.
 - The school curriculum through our Food Technology program is the ideal place for students to learn about nutrition and making healthy food choices.
 - Nagle Catholic College canteen and Food Technology Departments are compliant with Occupational Health and Safety standards in the provision of safe handling, preparation and serving of healthy foods to the school community.
 - The Nagle College canteen utilises the *Star Choice Buyers Guide*, which is a register of all products that meet the minimum nutrient criteria for food types, and is a useful resource for planning menus and making decisions about serving sizes.
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