MANAGEMENT

CANTEEN POLICY

GENERAL STATEMENT
The School Council has the authority through the Education Act 1958 to operate a school canteen. The Concord School canteen is operated and managed by school staff members.

RATIONALE
The Concord School canteen menu promotes healthy food choices as healthy diet plays a preventative role in relation to nutrition-related conditions and diseases such as obesity and dental disease, and, in later life, osteoporosis, cardiovascular disease, diabetes mellitus (type 2) and a range of cancers. 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.

BROAD GUIDELINES
A healthy school food service:

- makes it easy for students to choose healthy snacks and meals.
- offers a variety of nutritious food and snacks.
- promotes food that is consistent with current best knowledge in the provision of nutritious food for students.
- allows for consistent and continual health education.
- complements the diverse elements of the school curriculum.
- involves students and parents/carers.

A positive attitude towards a school canteen that supports healthy eating is promoted and endorsed. This is facilitated through a whole school approach to nutrition - providing information on food, nutrition and healthy eating habits taking into account differing values, attitudes and beliefs about food and eating.

IMPLEMENTATION
Concord School is committed to providing a healthy food canteen menu. All items on the menu are approved by the Victorian School's Canteen Association in line with the DEECD’s Healthy Food Service Guidelines for Schools. There is limited availability of foods and drinks categorised as ‘sometimes’ in the Go For Your Life program. Foods and drinks in this category are defined as ‘extra foods’ and include:

- sugar-sweetened drinks – sports drinks, cordial, fruit-flavoured drink.
- deep-fried foods.
- pastry-based or crumbed hot foods.
- savoury snack foods – crisps, chips, biscuits.
- ice-creams and ice confections – chocolate-coated and premium ice-creams, icy-poles, ice crush and slurpees.
- cakes, muffins, sweet pastries, slices, biscuits and bars.
- confectionery (as it is of minimal nutritional value and high in kilojoules).

Students and their parents/carers are involved in the process of establishing a healthy school food service via:

- educating and informing parents through articles in the school newsletter.
- sending menus and price lists home to families.

The food items provided will depend upon:

- the cost and availability of the food products.
- the needs and backgrounds of the students.
- the weather.
- the food preparation and storage facilities of the school.

PROCESSES AND PROTOCOLS

1. The school canteen as a viable operation
School canteens need to be viable. Consequently, it is important that the nutritious food items are attractive to students and are offered at an affordable price that will contribute to profit. Profits made from the canteen are reinvested in educational programs.
2. **Foods recommended to be available daily include:**

*Sandwiches, meat, vegetables, fruit*

- Sandwiches/rolls/wraps with a variety of nutritious fillings (salad vegetables, lean meats, cheeses, avocado, hummus, chutney, vegemite).
- Pizza with tomato, cheese and ham toppings.
- Pasta and noodles.
- Hard boiled eggs.
- Salad plates.
- A variety of fruits.
- 100% fruit juice icy-poles (no added sugar), air popped popcorn and homemade low fat muffins.
- Low fat vegetable pasties.

*Drinks*

- Milk drinks.
- 100% fruit juice drinks – no added sugar.
- Water.

3. **Limiting the quantity and/or the frequency of the availability of the following foods:**

- Deep-fried food (chips, dim sims, potato cakes).
- Pastry items (pies, sausage rolls, croissants, vanilla slices).
- Hot dogs and sausages.
- Cakes, biscuits and doughnuts.
- Confectionery (sweets, lollies, liquorice and chocolate).
- High sugar soft drinks, sports/electrolyte drinks and caffeine drinks.

4. **Marketing healthier food choices to students**

The school is a significant influence on students’ lifelong healthy eating habits. Concord School will encourage healthy food choices by:

- offering a variety of nutritious foods and regularly reviewing the menu.
- encouraging staff to set a good example by enjoying healthy food choices themselves.
- packaging/selling foods in appropriate serving sizes.
- encouraging students to become involved in food-related activities, such as planning meals, shopping for food products and cooking.
- discussing food promotion and advertising with students.
- teaching students about nutrition and promoting and endorsing healthy eating via educational programs.
- encouraging students to bring and consume water at school.
- encouraging students to bring fresh fruit and vegetable snacks to school in their lunchbox.

5. **Food hygiene and handling**

- Please refer to the Concord School Food Service policy.

**RESOURCES / REFERENCES**


The Victorian School Canteen Association, phone (03) 9890 4203, fax (03) 9890 1601, email info@vsca.org.au.

**EVALUATION**

This policy shall be reviewed as part of the three year policy review process.