

# CANTEEN AND HEALTHY FOODS POLICY

## 1. Preamble

In line with DET Guidelines, Mount Ridley P-12 College has adopted a Healthy Foods Policy and promotes a 'Healthy Eating' culture. This is clearly reflected in the College's:

- provision of nutritious foods in the canteen
- enforcement of health promotion regulations and
- health education programs delivered to students across the College.

Therefore, the College strongly discourages students consuming 'fast foods' during school hours. We ask parents/guardians to work in partnership with the College by promoting the healthy food message with their children.

The College's canteen reflects the value the College places on healthy eating practices to students and the wider school community. In addition to providing nutritious foods, the canteen has an important health promoting, educational and socio-cultural role within the College.

## 2. Rationale

For students who use the canteen regularly, the foods purchased there make a significant contribution to total food intake and nutrition. The College recognises that nutrition is important to health through life and it is particularly important at times of rapid growth and development. It also recognises the links between unhealthy food choices and a number of health conditions including obesity and diabetes. For these reasons, healthy eating is strongly promoted and students will be discouraged from making poor food choices.

## 3. Guiding Principles

Mount Ridley P-12 College will provide an effective canteen service that complies with all legislative regulations and requirements. In particular, it will aim to:

- Provide a nutritious and well-presented selection of foods and drinks at reasonable prices.
- Promote and encourage healthy food choices.
- Function as an efficient business enterprise.
- Encourage courtesy and consideration among all personnel using canteen facilities.
- Provide foods consistent with *the Australian Dietary Guidelines* and *the Department of Education and Training's Canteens, Healthy Eating and Other Food Services Policy*.
- Provide foods consistent with the *National Healthy Schools Canteens Project*.

## 4. Implementation

- The Canteen operates 5 days per week. Its services include:
  - Being open for breakfast
  - Providing snacks during recess.
  - Offering a lunch service.
- The canteen will promote and market healthy food choices.
- College Council will seek tenders from individuals, groups and businesses to provide a daily service from the canteen. As this service will be outsourced to a profit making entity, the entity must register and account for all the GST. Tenders are conditional upon compliance with the following criteria:

- A canteen coordinator will be appointed and identified by the successful tenderer. The coordinator will be responsible for all aspects of the canteen operation, will be competent in food safety and will be on duty at all times when the canteen is preparing and serving food.
- The canteen coordinator will ensure that all health regulations and food preparation requirements are complied with, including; the Victorian Healthy Eating Enterprise (VHEE); The National Healthy School Canteens Project Guidelines (NHSCG); and DET's Canteens, Healthy Eating and Other Food Services Policy and School Confectionery Guidelines.
- The canteen coordinator will ensure that all foods served at the canteen comply with the College Council's requirement to provide healthy foods.
- The successful tenderer will be responsible for the provision, maintenance and replacement of equipment, as well as cleaning of all canteen areas.
- All other matters to be agreed between the College Principal and the successful tenderer.

## **5. Evaluation**

This policy will be reviewed at the completion of each tender period.

Date policy ratified: June 2021

Date of next review: 2024