St Mary’s College

Canteen Guidelines

Whole school approach

It is important to engage support when seeking to establish a whole school approach incorporating a healthy school canteen service. Possible members for such support and representation on a committee are: P&F, Principal, Business Manager, canteen staff (including paid and volunteer workers), the canteen committee, teachers and other staff, parents and students.

St Mary’s College acknowledges the importance of the meals provided to its students from its school canteen. The canteen reflects the value the school places on healthy eating practices and it supports classroom teaching by providing healthy eating options. Nutrition is important to health throughout life, especially during times of rapid growth and development, which includes the school years.

Purpose and Aims

• To promote healthy food options that foster good health in times of rapid growth and development.
• To provide attractively presented, nutritious food and drink options at reasonable prices.
• To demonstrate high standards of hygiene in relation to food preparation, storage, serving and documentation within the canteen environment.
• To operate, as an efficient, cost effective business enterprise.
• To provide practical learning experiences involving healthy food choices that link with classroom learning.
• To provide the opportunity for the wider school community to have input into the operation of the school canteen through the Canteen Committee.
• To encourage consideration and courtesy among all personnel using the canteen facilities.

Nutrition Guidelines

At St Mary’s College we will:

• Provide our school community with food and drinks consistent with the National Healthy School Canteen Guidelines (NHSCG)
• Reinforce our canteen’s nutrition message through a ‘curriculum and promotional activities that encourage healthy eating
• Offer a wide range of healthy food options that takes into consideration our multicultural society and reflects the needs of the school community.

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