

## Related Policies

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Medical Welfare of Students  
Work Health and Safety (ACT)  
Visitors to Schools  
Complaints

## Purpose

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As a Catholic school system our aim is to guide each individual to grow emotionally, socially, intellectually and physically. This policy provides ACT Catholic Education schools with a framework to establish lifelong good food habits.

This policy has been adapted from the ACT Public School Food and Drink Policy to promote a consistent approach to the provision and sale of healthy food and drinks in ACT schools.

Catholic Education recognises that childhood is a time when attitudes about food and eating behaviours are formed. Once a child begins school, the school environment plays a role in influencing children's food preferences.

The links between health and education are well established. Healthy children are better able to learn, and higher levels of educational achievement are associated with better health.

Food and nutrition education in ACT Catholic Education schools is taught as part of the curriculum. This provides students with opportunities to learn about food production, the benefits of healthy eating, nutritionally sound choices, and preparation of healthy foods.

The Australian Dietary Guidelines 2013 use the best available scientific evidence to provide information on the types and amounts of foods and drinks that promote health and wellbeing, reduce the risk of diet-related conditions, and reduce the risk of chronic disease.

The National Healthy School Canteen Guidelines are consistent with the types and amounts of foods and drinks recommended for children and young people in the Australian Dietary Guidelines 2013. The National Healthy School Canteen Guidelines use a Traffic Light System to categorise foods and drinks according to their nutritional value and levels of energy, fibre, saturated fat, sugar and salt.

## Policy

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Principals are responsible for ensuring that the *National Healthy School Canteen Guidelines* are applied to the sale of food and drinks in school canteens and to all ACT Catholic Education school activities and events. The *National Healthy School Canteen Guidelines* use a traffic light system to categorise food and drinks according to their nutritional value and levels of energy, saturated fat, fibre, sugar and salt. The Traffic Light System is as follows:

**GREEN** food and drinks are the best choices. They should always be available, displayed in prominent areas, and actively promoted and encouraged. **GREEN** foods and drinks form the basis of a healthy diet. **GREEN** foods and drinks offer a wide range of nutrients and are generally low in saturated fat, sugar and salt.

**AMBER** foods and drinks should be selected carefully. They should not dominate the food and drink choices displayed or promoted. **AMBER** foods and drinks contribute some valuable nutrients, but contain moderate amounts saturated fat, sugar and/or salt and may be low in fibre. **AMBER** food and drinks may contribute to excess intake of energy (kilojoules/calories) if consumed in large quantities.

**RED** foods and drinks should not be provided or sold in schools. **RED** foods and drinks are low in nutritional value and fibre and may be high in saturated fat, added sugar and/or salt. **RED** foods and drinks may also provide excess energy (kilojoules/calories).

Adapted from the National Healthy School Canteen Guidelines 2013.

### Definitions

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#### ***Australian Dietary Guidelines 2013***

Provides advice about the amounts and kinds of foods required to maintain health and wellbeing.

#### ***National Healthy Schools Canteens: Guidelines for healthy foods and drinks supplied in school canteens (updated) 2013***

Have been designed for use in school canteens, and provide useful guidance for other school activities where foods and drinks are provided or sold. This policy applies the *National Healthy Schools Canteen Guidelines* to all school activities.

#### ***School Canteen***

Is a food business/food service provider that supplies foods and drinks for sale to a school population, primarily on the school premises during school hours.

#### ***Traffic Light System***

The *National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2013* uses a Traffic Light System to categories foods and drinks as GREEN, AMBER or RED depending on their nutritional value and levels of saturated fat, sugar and salt.

## Legislation

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### ***Australia New Zealand Food Standards Code***

The *Australia New Zealand Food Standards Code* provides standards to ensure food in Australia and New Zealand is safe and suitable for human consumption. It includes standards for food additives, food safety, labelling and foods that need pre-approval such as genetically modified (GM) foods.

### ***Children and Young People Act 2008 (ACT)***

The *Children and Young People Act 2008 (ACT)* provides for the wellbeing, care and protection of children and young people in a way that:

- recognises their right to grow in a safe and stable environment
- takes into account the responsibilities of parents, families, the community and the whole of government
- ensures that children and young people are provided with a safe and nurturing environment by organisations and people who, directly or indirectly, provide for their wellbeing, care and protection.

### ***Fair Work Act 2009***

The *Fair Work Act 2009* covers workplace relations and such matters as the payment of award wages, record keeping and the various rights and obligations of employers and their employees.

### ***Food Act 2001 (ACT) and the Food Regulation 2002 (ACT)***

The *Food Act 2001 (ACT)* and the *Food Regulation 2002 (ACT)* regulate the sale of food for human consumption, and for other purposes. The *ACT Public School Food and Drink Policy*, and supporting materials align with the *Food Act* by:

- ensuring food for sale is safe and suitable for consumption
- preventing misleading conduct in relation to the sale of food
- adopting the Australia New Zealand Food Standards Code.

Although the *Food Act 2001* applies to school canteens, it may not apply to food sales by volunteers for the purposes of fundraising. Details of exemptions for non-profit community organisations can be found in the *Food Act 2001*, or by contacting the Health Protection Service on 6205 1700 or [hps@act.gov.au](mailto:hps@act.gov.au).

### ***Work Health and Safety Act 2011 (ACT)***

The *Work Health and Safety Act 2011 (ACT)* aims to secure and promote work safety, eliminate risks to work safety at the source, to protect people at work from injury and illness, to foster cooperation and consultation between employers and workers and to provide a framework for continuous improvement and higher standards of work safety.

### ***Working with Vulnerable People (Background Checking) Act 2011 (ACT)***

The *Working with Vulnerable People (Background Checking) Act 2011 (ACT)* provides a requirement for background checking as part of a risk assessment of persons seeking to work with vulnerable people, and aims to reduce the risk of harm or neglect to vulnerable people in the ACT.

## Procedures

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1. School canteens must be registered as a food business and meet the requirements for the safe handling and sale of food under the *Food Act 2001 (ACT)*.
2. School canteens are subject to the requirements of the *Food Act 2001 (ACT)*, *Food Regulation Act 2002 (ACT)* and *Australia New Zealand Food Standards Code*. These may include inspection and reporting requirements, where relevant.
3. Principals and all canteen operators must meet their responsibilities under the *Work Health and Safety Act 2011 (ACT)*, the *Working with Vulnerable People (Background Checking) Act 2011 (ACT)* and the *Fair Work Act 2009*.
4. School canteens will be subject to an annual menu review by an external agency to assess the food and drinks provided and for sale against the *National Healthy School Canteen Guidelines*.
5. Schools are encouraged to access professional advice to support them in the implementation of the *School Food and Drink Policy (ACT)* through nutrition advisory services.

## Guidelines

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1. Sugary drinks are not permitted to be sold in ACT Catholic Education school canteens.
2. Food and drink vending machines are not permitted on ACT Catholic Education school sites.
3. The following exemptions apply to food and drink:
  - Food and drinks may be sold at occasional fetes, fundraisers and school events, although healthier alternatives are encouraged.
  - Food and drinks supplied from home, including birthday cakes.
  - Curriculum-related cooking and food-technology courses (schools are strongly encouraged to consider the *National Healthy School Canteen Guidelines* when making curriculum decisions with regard to cooking and food-technology).
4. Schools are also encouraged to apply the *National Healthy School Canteen Guidelines* (including the Traffic Light System) when foods and drinks are provided to students participating in off-site school activities, such as excursions or school sports carnivals.
5. Principals are responsible for ensuring that religious and cultural practices are considered where foods and drinks are provided at school events and activities.
6. Principals are responsible for meeting the requirements of the *Catholic Education Medical Welfare of Students Policy 2011* to ensure that food allergies, intolerances and medical conditions (such as anaphylaxis) are managed where foods and drinks are provided at school events and activities.
7. Principals are responsible for ensuring that RED category food and drink items are not used as rewards or incentives for student learning.

8. Staff in ACT Catholic Education schools are encouraged to support the Policy by not consuming RED category foods and drinks in view of students.

## References

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### Legislation:

Food Act 2001 (ACT)  
 Australia New Zealand Food Standards Code (Cth)  
 Fair Work Act 2009  
 Food Regulation 2002 (ACT)  
 Education and Care Services National Law (ACT) Act 2011  
 Children and Young People (ACT) Act 2008  
 Working with Vulnerable People (Background Checking) ACT) 2011

### Supporting documents:

ACT Education and Training Directorate  
[http://www.det.act.gov.au/teaching\\_and\\_learning/food-and-drink-guidelines](http://www.det.act.gov.au/teaching_and_learning/food-and-drink-guidelines)

*ACT Public School Food and Drink Policy 2015*  
[http://www.det.act.gov.au/\\_data/assets/pdf\\_file/0010/692290/Web-V-Final-ACT-Public-School-Food-and-Drink-Policy.pdf](http://www.det.act.gov.au/_data/assets/pdf_file/0010/692290/Web-V-Final-ACT-Public-School-Food-and-Drink-Policy.pdf)

*Australian Dietary Guidelines 2013*  
<http://www.nhmrc.gov.au/guidelines/publications/n55>

*National Healthy School Canteens: Guidelines for healthy foods and drinks supplied in school canteens 2013 (National Healthy School Canteen Guidelines)*  
<http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-nutrition-canteens>

ACT Government Towards Zero Growth Healthy Weight Action Plan

ACT Health: <http://health.act.gov.au>

NSW Department of Education  
<https://education.nsw.gov.au/policy-library/policies/nutrition-in-schools-policy>

<b>Approved By:</b>	Service Area Leadership Team
<b>Issuing Service Area:</b>	Religious Education and Curriculum Services
<b>Policy Updated:</b>	October 2018
<b>Policy Revision Date:</b>	October 2021
<b>TRIM Record Number:</b>	R328105