

Description of policy	Food and Drink Policy
Required because?	This policy outlines the requirements of school canteens to ensure food and nutrition standards are met in line with National Healthy School Canteen Guidelines and that nutritionally sound choices are available for students.
Description of changes	<ul style="list-style-type: none"> • Reformatted to new template. • Clarified the policy applies to NSW and ACT schools.
Applies to	<input type="checkbox"/> Organisation-wide <input checked="" type="checkbox"/> Specific: Schools
	<input checked="" type="checkbox"/> Staff only <input type="checkbox"/> Students only <input type="checkbox"/> Staff and students
Status	<input type="checkbox"/> New <input type="checkbox"/> Major revision of existing document <input checked="" type="checkbox"/> Minor revision of existing document

Related documents	Medical Welfare of Students Policy
Intranet Category	School Administration; Child Protection and Student Wellbeing
Review Date	August 2023
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Approval authority for this version:	School and Family Services Leader
Approval Date:	15 August 2021
Accountable authority	School and Family Services Leader
Responsible officer	Senior Officer: Disability, Wellbeing, and Inclusion

1. Summary

- 1.1 This policy outlines the requirements of school canteens, to ensure food and nutrition standards are met in line with National Healthy School Canteen Guidelines¹ and that nutritionally sound choices are available for students.
- 1.2 It applies to all Catholic Education Archdiocese of Canberra and Goulburn (CECG) Schools and CECG school activities and events.

2. School Food and Drink Policy

- 2.1 School canteens and CECG school activities and events should apply the *National Healthy School Canteen Guidelines* 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:

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.

3. Other canteen requirements

- 3.1 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)* and *Food Act 2003 (NSW)*.
- 3.2 School canteens are subject to the requirements of the *Food Act 2001 (ACT)*, *Food Regulation ACT 2002 (ACT)*, *Food Act 2003 (NSW)*, *Food Regulation 2015 (NSW)* and *Australia New Zealand Food Standards Code*. These may include inspection and reporting requirements, where relevant.
- 3.3 Schools are encouraged to access professional advice to support them in the implementation of the *School Food and Drink Policy* through nutrition advisory services.
- 3.4 Sugary drinks are not permitted to be sold in CECG school canteens.
- 3.5 Food and drink vending machines are not permitted on CECG school sites.

¹<https://www.health.gov.au/resources/collections/national-healthy-school-canteens-resource-collection>

3.6 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).

3.7 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.

3.8 Principals are responsible for ensuring that religious and cultural practices are considered where foods and drinks are provided at school events and activities.

3.9 Principals are responsible for meeting the requirements of the [Medical Welfare of Students Policy](#) 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.

3.10 Principals are responsible for ensuring that RED category food and drink items are not used as rewards or incentives for student learning.

3.11 Staff are encouraged to support the Policy by not consuming RED category foods and drinks in view of students.

4. Definitions

4.1 **School canteen:** is a food business/food service provider that supplies food and drinks for sale to a school population, primarily on the school premises during school hours.

4.2 **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 categorise food and drinks as GREEN, AMBER or RED depending on their nutritional value and levels of saturated fat, sugar and salt.

5. Related Documents and Legislation

5.1 Related CECG Documents:

- [Medical Welfare of Students Policy](#)

5.2 Related legislation or Standards

- [National Healthy School Canteens Resource Collection](#)
- [Australian Dietary Guidelines 2013](#)

6. Contact

6.1 For support or further questions relating to this policy, contact the CECG School and Family Services team.