



Healthy Food Supply and Nutrition Procedures

November 2018

Vision Statement

*We are a Catholic community of welcome,
Connecting faith, family and education.*

Mission

Inspired by Jesus of Nazareth and our Patrons,
we are people of justice each committed to building community,
nourishing family life and making the world a better place.

*“I have come that they may have life and have it to the full.”
(John 10:10)*

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1 Purpose

The purpose of this procedure is to articulate the policy position of Nazareth Catholic Community (NCC) in relation to healthy food supply and nutrition.

The procedure will assist in creating health-promoting environments wherever food and beverages are available within NCC in accordance with the best practice guidelines for health.

Childhood and adolescence are important times for establishing life-long, healthy eating habits and these habits can benefit all students in the following ways:

1. Maximises physical growth and development
2. Optimises health status and minimises the risk of diet-related diseases later in life
3. Assists in concentration and ability to focus, leading to positive engagement in life-long learning activities
4. Establishes a healthy relationship with food

The procedure has been established after consultation with staff, parents and students of NCC.

Aim

The aim of the procedure is to increase the availability of healthy food and beverage choices within NCC and to encourage and support all NCC members to make food and drink choices that will positively influence their health and wellbeing.

Principles

Implementation of the procedure within NCC should be guided by the following principles:

- As a Catholic community we are called to support and promote the health and wellbeing of all members of our community, as this demonstrates deep care for ourselves and others as we are created in God's image
- All members and visitors to NCC have the right to access healthy food and beverages
- It is important to create an environment which makes healthy food and drink choices the easier choice for all
- That food has social and cultural meaning, and Nazareth chooses to honour the diverse meanings represented in its multicultural community
- Nazareth is a role model for the community and supports initiatives that have the potential to impact positively on the health and wellbeing of the community
- Healthy food and drink choices will be continuously promoted through the curriculum, programs and services, ensuring that the promoted messages are positive and consistent
- That the provision of food is safe and food handling and food hygiene practices are followed
- That food and beverages sold to children will meet the criteria outlined in [South Australia's Right Bite and Healthy Eating Policies](#)
- That food and beverages provided to children at other events will meet the Australian Dietary Guidelines [Australian Dietary Guidelines](#) recommendations
- That food and beverages sold or provided to adults meet the [Australian Guide to Healthy Eating](#) recommendations
- Nazareth values stewardship of our environment and natural resources, and chooses sustainable food supply and provision methods wherever possible. This will include environmentally friendly waste disposal and waste minimisation through regular audits

2 Scope

The procedure and associated policy applies to every aspect of NCC including the College, Out of School Hours Care (OSHC), the Early Childhood Centre (ECC) and the wider Nazareth community.

3 Policy Supported

The procedure supports the Nazareth Catholic Community's Wellbeing Policy.

4 Definitions

Discretionary Food and Drinks are food and drink choices unnecessary for a healthy diet. This includes alcohol and foods and drink choices that are high in saturated fat and/or added sugars, added salt and/or low in fibre.

Food Hygiene are the conditions and measures necessary to ensure the safety of food from production to consumption.

Food Safety refers to handling, preparing and storing food in a way to best reduce the risk of individuals becoming sick from foodborne illnesses.

Nude Food is food without excess packaging.

5 Practices

5.1 Curriculum

NCC food and nutrition curriculum:

- Aims to be consistent with the [Dietary Guidelines for Children and Adolescents in Australia](#), and the [Australian Guide to Healthy Eating](#)
- Includes activities that provide students with knowledge, attitudes and skills to make positive healthy food choices and learn about the variety of foods available for good health
- Enables opportunities for students to develop practical food skills for example: growing, preparing and cooking healthy food
- Integrates nutrition across the relevant learning areas, cross-curriculum priorities and general capabilities according to the curriculum endorsed by the Australian Curriculum, Assessments and Reporting Authority (ACARA)
- Encourages food cooked or produced onsite by students and other community members to align with the [South Australia's Right Bite and Healthy Eating Policies](#) and the [Australian Guide to Healthy Eating](#)
- Offers opportunity to all teachers, including those who do not teach health/food tech subjects, to receive food and nutrition education
- Offers opportunity for secondary students not continuing with health/food tech subjects to receive healthy eating education through programs such as mentor groups

- Considers cultural aspects of food to represent the diverse cultures represented across Nazareth
- Supports students to engage in regular physical activity and promotes the links between eating healthily and being physically active to total wellbeing
- Resources and lesson plans can be developed in consultation with Flinders University Nutrition and Dietetics (FUND) as part of its Community Nutrition Partnership with Nazareth Catholic Community.

5.2 Environment

The NCC campuses:

- Have fresh, clean tap water available at all times
- Encourage children, students and staff to drink water regularly through the day
- Encourage children, students and staff to eat routinely at scheduled break times, and include fruit and vegetables
- Encourage the consumption of foods consistent with good health where food is offered during programs and services including classroom lesson times
- Children and students will eat in a positive, supervised, appropriate social environment with staff who model healthy eating behaviours
- Provide opportunities for children, students and staff to utilise and maintain community vegetable gardens
- Use rewards/encouragements that are not related to discretionary food or drink items
- Understand and promote the importance of breakfast for students
- Support breastfeeding and where possible will work towards providing breastfeeding friendly areas.
- Promote the use of nude food lunch boxes and minimise waste wherever practical at catered events

5.3 Food Supply

Our school:

- Continually evaluates food supply at both campuses to ensure best value for money for all community members
- Will regularly monitor online and over the counter products for sale through the school canteens at both campuses to promote healthy food choices in line with the [Right Bite Healthy Canteen Policy Template](#)
- Includes healthy food options that are culturally inclusive
- Encourages healthy food options for school and OSHC activities and events, in line with the [Australian Guide to Healthy Eating](#). This includes school camps, retreats, excursions and special days
- Offers healthy food options whilst on campus including out-of-school-hours care (OSHC), homework club/academic support, and school sports training
- Limits food supply at special events that does not comply with [Right Bite and Healthy Eating Policies](#)
- Provides staff, students and community with access to nutrition information and promotional materials about healthy eating
- Does not allow advertising of foods not consistent with the *Australian Dietary Guidelines* anywhere on campus, including vending machines (staff room)
- Allows for consumption of healthy snacks during lesson time, that:

- Encourages a taste for healthy foods and provides healthy vitamins and minerals by asking students to consume a fruit or vegetable snack in break time
- Accepts that canned fruit in juice can be a valuable source of fibre, vitamins and minerals
- Does not encourage fruit juice as an acceptable item for fruit snack
- Ensures consistent messages are delivered by teachers to all classrooms

Our community:

- Continually evaluates food options available at the NCC community cafes to ensure they are health promoting and in line with the [Australian Guide to Healthy Eating](#)
- Ensures all food vendors meet contract agreements from Nazareth policy
- Ensures that meals supplied to those in need through the 'Nazareth Connects' program are health promoting and in line with the [Australian Guide to Healthy Eating](#)
- Encourages families in the community to be involved in learning and management of all community engagement events
- Ensures healthy food options are available at all community engagement events, including but not limited to playgroup, Wise Owl meetings and school led liturgical celebrations
- Ensures healthy food options are available at all events catered by NCC, whether internal or external, including food supplied by staff at staff functions.

5.4 Food Safety

Our community:

- Promotes and teaches food safety during food learning activities
- Promotes food safety at home and in wider Nazareth community
- Provides adequate handwashing facilities for everyone, and promotes correct hand washing procedures prior to food handling
- Ensures canteens and cafes are accredited in appropriate food safety standards
- Promotes food safety during outside activities such as school fundraisers

5.5 Students with Medical Dietary Requirements

Our community:

- Liaises with families to ensure a suitable food supply for children and young adults with dietary health support plans e.g. allergies, diabetes. Methods may include, but are not limited to, parent information workshops
- Supports nutrition education to staff and the wider community relating to medical dietary requirements. Methods may include, but are not limited to, staff information sessions, brochures, and information disseminated through existing programs such as Wise Owls and Playgroups
- Understands that allergens can pose a risk to students and actively discourages packing nut products in lunchboxes and sharing of food, and communicates allergen concerns to families, students and staff
- Collaborates with Flinders University Nutrition and Dietetics for advice as necessary.
- Works closely with canteen providers to ensure that food supplied supports the needs of students with medical dietary requirements

5.6 Working with Families, Health Services & Industry

Our community:

- Invites parents/caregivers and community members to be involved in the review of food and nutrition guidelines
- Provides food and nutrition information to families/caregivers and community members in a variety of ways including:
 - Newsletters
 - Policy development/review
 - Information on enrolment
 - Pamphlet/poster displays
 - Social media
 - Handbook
- Promotes the alignment of fundraising throughout NCC with the [Right Bite Healthy Food and Drink Supply Strategy](#) and [Healthy Food Fundraising Guide](#).

6 Supporting Documents

- 6.1 Catholic Safety Health and Welfare Work, Health and Safety and Injury Management Policy
- 6.2 [Dietary Guidelines for Children and Adolescents in Australia](#)
- 6.3 [Healthy Food Choices in Local Government: A Guide to Healthy Catering](#)
- 6.4 Nazareth Catholic Community (NCC) Wellbeing Policy
- 6.5 NCC Healthy Food Fundraising Guide
- 6.6 [Right Bite Healthy Canteen Policy Template](#)
- 6.7 [Right Bite Healthy Food and Drink Supply Strategy for South Australian Schools and Preschools](#)
- 6.8 [The Australian Dietary Guidelines and Australian Guide to Healthy Eating](#)

7 Revision Record

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