

MANDURAH CATHOLIC COLLEGE  
CANTEEN POLICY (Revised 2009)

This school's canteen is an important integral part of the school and of the students learning. It supports the principles taught in class, aims to promote healthy eating practices and is concerned with the health, well being and safety of all students.

VISION

The aim of the canteen is to offer a service to the school community by:

- Providing a range of nutritious, hygienically prepared food for the school community at a reasonable price.
- The canteen will support and reinforce the school curriculum regarding health and nutrition.
- The canteen should cover its expenditure, and return some income to the school, but the price structure shall be at a level that does not preclude any student from using the canteen.
- Providing the opportunity for parents to be part of a friendly team within the school environment.

NUTRITION POLICY

The canteen will provide food consistent with the current Australian Dietary guidelines for Children and Adolescents, the National Heart Foundation and the Western Australian School Canteen Association. Star Choice and Pick the Tick registered foods will be used wherever possible and the ultimate goal will be to maintain accreditation under a recognised programme eg STARCAP 2. The canteen aims to follow the traffic light system in its choices of foods for sale. See table below.

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## What's on the menu for WA schools

The table below provides examples GREEN, AMBER AND RED foods under the new traffic light system for WA public schools. This is not the entire list of available foods.

Nuts and nut spreads do not appear in the table. Schools are advised to refer to the Department's *School Health Policy* and *Anaphylaxis Advice Paper* before deciding whether or not to include nuts and nut spreads on the canteen menu.

Breads	A variety of bread types
Cereal foods	Wholegrain cereals, pasta, noodles, rice
Vegetables	Vegetables and salads (reduced fat dressing only), all salad mixtures
Fruit	Fresh, frozen and tinned (in natural juices)
Legumes	Tinned (eg bean mix, kidney beans), cooked
Reduced fat dairy products	Reduced fat: milk (plain and flavoured), yoghurt (fresh, frozen, plain or fruit), cheese
Lean meat, fish, poultry and alternatives	All lean meats, chicken (no skin) or registered meats, * fish (eg tuna, salmon, sardine and egg)
Sandwich fillings	All lean meats, lean chicken, fish, creamed corn/corn kernels, egg, canned spaghetti (reduced salt), salads, baked beans, low fat cheese, hommos, vegemite, yeast spread and fish spreads *
Hot food	Jaffles/hot rolls/toasted sandwiches (fillings as for sandwich fillings), baked potatoes, soups, toast, English muffins, crumpets (wholemeal), raisin toast, and meals meeting criteria for registration such as curry and rice and pasta dishes
Snacks	Yoghurt, scones, raisin or fruit bread, pikelets, cheese sticks, bread sticks, bruschetta water crackers, rice cakes, rice crackers, popcorn (plain/ low fat/ flavoured), dried fruit seed packs, trail mix based on breakfast cereals, registered snacks *
Drinks	Water, reduced fat milk, fresh fruit milkshakes, soy, 100% fruit juice (small size), plain mineral water
<b>AMBER – Select carefully and limit</b>	<b>Examples</b>
Breakfast cereals	Refined cereals with added sugars
Full fat dairy foods	Milk, yoghurt, custard, low fat dairy desserts and cheese
Savoury commercial products	Registered products such as ovenable fish/chicken/ potato portions should be chosen because they are lower in fat/salt*
Snack foods bars	Registered products such as breakfast bars, cereal bars and fruit bars *
Savoury snacks	Registered products such as oven baked vege chips, garlic or herb bread (lightly spread)
Cakes, muffins and sweet biscuits	Registered products such as cakes, muffins and biscuits (reduced fat and/or sugar based on wholemeal flour) *
Ice creams, ice blocks, fruit based icepops, slushies	Registered ice-creams, milk based ice confectionery, frozen yoghurts and rice cream
Drinks	Fruit drinks, mineral waters flavoured with fruit juice, low joule cordials
Sugar and artificially sweetened drinks	Soft drinks, artificially sweetened soft drinks, energy drinks, cordials, sports drinks and mineral waters flavoured with sugar, high caffeine drinks (eg drinks containing guarana)
Confectionery	All types, caramelised popcorn
Pastry items	All types that do not meet the criteria for registration
Sandwich meats	High fat sandwich meats including polony (devon) and salami
Deep fried foods	All types
Savoury snacks	Crisps, chips and other similar products that do not meet the criteria for registration
Ice creams	Chocolate coated and premium ice creams
Sandwich fillings	Honey, jam, chocolate spreads, confectionery sprinkles
Cakes muffins, sweet pastries	Croissants, doughnuts, cream filled buns/ cakes, sweet pastries, slices

\* Meets the criteria for Star Choice registration

## MENU PLANNING

- The canteen menu will be consistent with this canteen policy. Therefore when the policy is reviewed the canteen menu will also be reviewed to ensure it remains consistent with the canteen policy.
- The canteen committee has overall responsibility for menu planning and it will be reviewed twice a year. ( Summer and Winter )
- The canteen manager will prepare the menu and prices for consideration after discussion with the committee.
- The manager will have responsibility for implementing the menu and make changes as circumstances arise.
- Foods not recommended for sale by the relevant authorities i.e. the Health Dept or Starcap cannot be sold on a regular basis and on certain days some less healthy choices will not be available eg pastries.
- Students who choose a "healthy lunch" (i.e. the whole meal satisfies the criteria for the Australian Guide to Healthy Eating) will benefit through pricing.
- Where appropriate, the canteen will support special themes such as Heart week, Fruit and Veg week etc by producing relevant healthy food options. The canteen will advertise and promote these deals and will liaise with the relevant staff members to link in with the curriculum. The committee and the manager will be responsible for implementing these programmes.

## LINKING THE CANTEEN WITH THE CURRICULUM

- The canteen will provide students with practical learning experiences about making healthy food choices that reinforce classroom education.
- The canteen will conduct at least one promotional theme per term promoting healthy food. These promotions will link in with the curriculum. The canteen manager will liaise with the relevant education staff to ensure consistency of message and school support of the promotional event. The themes are at the discretion of the canteen manager in consultation with the Canteen Committee and the teaching staff.

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- Through the above mentioned promotional events, the canteen will provide an opportunity for parent and community involvement in the education environment by inviting them to participate.

### HYGIENE AND SAFETY

- The canteen will comply with the current food hygiene legislation
- The canteen will comply with the current Occupational Health and Safety regulations.
- FoodSafe standards will be followed in all food preparation, storage and serving of food.
- All employees will be required to keep their FoodSafe training current and all volunteers will be required to follow the same standard procedures as required under these regulations.
- All new volunteers will be trained in safe food handling on arrival and must follow the same relevant standard procedures as the staff.
- All canteen staff and volunteers are required to wear hair nets and aprons which will be provided by the canteen
- All canteen staff and volunteers should wear closed in footwear.
- The Canteen Committee shall provide essential, safe equipment and ensure it is well maintained, in good repair and used correctly. Any structural defects within the canteen should be reported to the principal immediately.
- Only foods prepared in a commercial kitchen will be sold through the canteen. No cakes or other foods prepared by parents outside of the school canteen will be accepted for sale through the canteen.

### COMMITTEE

The Canteen Committee will be appointed by the Principal and will consist of the Canteen Manager, the College Principal, the

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Head of Junior School, the Consumer science teacher, a P&F Representative, two parents from the junior school and two from the senior school. The term is usually two years for parent representatives. Parents can renominate and serve up to two terms.

The committee is to act as an avenue for school feedback regarding the canteen and will encourage parental participation in its operation. Should any member be absent for more than three consecutive without reasonable cause, their position shall be declared vacant. All parent representatives should average one day a term assisting in the school canteen.

Every two years the canteen committee will review this policy and inform parents of the changes. A copy is to be kept in the canteen, the servery and the administration office. A copy should be presented to every family at enrolment.

### CANTEEN MANAGEMENT ISSUES

Each volunteer will be provided with tea and coffee and a lunchtime roll or sandwich on their rostered day.

### CANTEEN MANAGEMENT AND OPERATIONS

The College Principal, the Bursar and a member of the Canteen Committee will employ the Canteen Manager, and the Principal and Canteen Manager will be responsible for the employment of the Canteen Assistant. The Canteen staff shall participate in professional development on a regular basis.

### POLICY ENDORSEMENT

Principal\_\_\_\_\_

Bursar\_\_\_\_\_

Chairman (Canteen Committee)\_\_\_\_\_

Date\_\_\_\_\_