



PROCEDURE

Guideline	Canteen
Guideline Reference No.	
Approval Date	2010
Review Date	2013
Officer Responsible	Heads of Pastoral Care
Approval Authority	Principal
References	Fundraising policy

Background

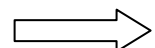
Australia's safe and nutritious food supply is an important national asset. It is a source of health, pride and wealth for the nation.

Despite this, the level of diet-related illness and premature death continues to be of great concern. Particularly disturbing is that some groups in the community experience much higher levels of illness than others and that such illness and early death, is largely preventable using existing knowledge.

There is irrefutable evidence that good nutrition can enhance quality of life and contribute to health and to a general sense of wellbeing. It is particularly significant to the health of infants and children and is a key factor in optimal physical and cognitive growth and development. Under-nutrition in young children is suspected of contributing to an increased risk of abdominal obesity, diabetes, hypertension, cardiovascular disease and renal disease in adult life.

Sound nutrition can have major economic and social benefits. A well-nourished and healthy population is essential to economic development and to social and community cohesion. Investing in nutrition can help to contain costs in the health care system by reducing pressure on the acute care sector through reduced rates of illness and disease.

*“Eat Well Australia – An Agenda for Action for Public Health Nutrition 2000-2010”
Developed by the Strategic Inter-Governmental Nutrition Alliance of the National Public
Health Partnership*



Introduction

The following benefits of a healthy Canteen are recognised by:

- The students within your care are being provided with the nutrients they need to develop into healthy adults.
- Preventing diseases associated with poor diet, such as anaemia, osteoporosis and obesity.
- Reducing the rate of obesity is important, as obesity is linked with many other social and psychological problems.
- The students within your care are being provided with the nutritional education that can assist with the development of life-long healthy eating habits.
- Parent confidence in the quality of food and beverages sold in your Canteen.
- Increased profits due to the improved quality of the foods and beverages sold.

<http://www.healthy-kids.com.au/page/22/why-become-a-healthy-canteen>

Review of South Canteen

A review of food sold in the Canteen was undertaken in 2010 using the SA Govt DECS 'Easy Guide to... Healthy Food and Drink Supply for South Australian Schools and Preschools' titled 'Right Bite'.

This review observed that considerable progress had been made to ensure that the right balance of foods offered by the Trinity South Canteen promoted healthy eating. Very few items in the red category (that not essential for a healthy diet are outside those recommended by the Dietary Guidelines for Children & Adolescents in Australia ¹).

Furthermore while it is possible to ban all red category items from the Canteen this would do little to educate children about making healthy choices and so the following changes are to be made:

Proposed Changes

- Balance of healthy food about right with recent changes to 'red food items'
- Chips —→ downsize
- Donut —→ downsize
- Chips —→ healthier thins, red-rocks, grain waves, vege chips
- Muffins —→ are to be downsized

¹. 'Right Bite Easy Guide to... Healthy Food and Drink Supply for South Australian Schools and Preschools'