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HEALTHY FOOD AND DRINK CHOICES POLICY

Policy 2-D4

RATIONALE

“The human person, though made of body and soul, is a unity... The human body shares in the dignity of the image of God: it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit...” (#. Catechism of the Catholic Church).

CBC Fremantle contribute to the development of our students through education to understand that they are spiritual beings in relationship with God who live in physical bodies that require care. This includes encouraging students to make healthy choices for their lives including healthy food choices.

SCOPE

This policy applies to all CBC Fremantle student activities, including boarding accommodation.

PRINCIPLES

1. A healthy and nutritious food and drink policy makes a positive statement to students, staff members, parents and the broader community about the value placed on human life.
2. It is important that parents, staff members and students work together to support a whole-school approach to building a school culture in which students actively choose nutritious food and a healthy lifestyle.
3. The College canteen will promote a wide range of healthy and nutritious foods and drinks at affordable prices.
4. Healthy canteen choices complement the nutrition knowledge taught in the classroom and promote a school culture of healthy eating that can extend into the wider family and community.
5. The school curriculum is the ideal place for students to learn about nutrition and making healthy food choices.

Related Documents

- CEWA - Healthy Food and Drink Choices