

Canteen Policy

Purpose

Mount Carmel College is committed to promoting and actively supporting healthy eating practices among the student community. The College Canteen is a focal point for nutrition education.

The purpose of this Policy is to establish the role of the College Canteen in reinforcing and facilitating the healthy eating practices students learn at home and in the classroom.

The College Canteen operates as part of a whole College approach to food and eating. We aim to provide consistent messages to our College community through food provision, curriculum teaching and learning, environment and College activities and events.

Policy Framework

Mount Carmel College prides itself on providing a Canteen service based on excellence in both service and produce. Our vision for food and eating is:

- To provide a College environment that enables and empowers students to make food choices that support their health and wellbeing.
- To enable students to develop an appreciation of and a positive relationship with food.
- To use food and mealtimes as an opportunity for students to learn life skills such as manners and appropriate social behaviours.
- To use food as a means of engaging with our broader College community through the engagement of volunteers, local producers, providers and beyond.

Within this context, the College is committed to providing the student community with healthy food and drink options that align, as far as is reasonably practicable, with the National Healthy School Canteens *Guidelines for Healthy Foods and Drinks Supplied in School Canteens*. These Guidelines are based on the *Australian Dietary Guidelines (2013)*, which give advice on the quality and quantity of foods and drinks recommended for children in Australia to achieve optimal health and limit the risk of chronic diseases related to poor nutrition in adulthood. The College is committed to becoming a participant in the School Food Matters 'SmartFood Program' and attaining accreditation.

Policy Content

The College is committed to ensuring, so far as is reasonably practicable, the health and safety of all workers, students, and other persons who are legally present on College premises.

To support this Policy, the College is committed to:

- Promoting tasty, appetising, affordable, healthy and nutritious food options that foster good health in times of rapid growth and development and are consistent with the Australian Dietary Guidelines.
- Reinforcing the importance of healthy eating practices through curriculum and promotional activities that encourage healthy eating. This includes providing opportunities for students to taste, grow and cook food.
- Actively encouraging our staff and volunteers to role model the enjoyment of eating nutritious food and talking positively about food and eating.
- Offering a range of healthy food options which take into consideration and celebrate our multicultural society and appeal and cater to the wide range of tastes and dietary needs of students.
- Using alternatives to food as rewards for behaviour and achievements and as part of fundraising activities.
- Reducing the risk of allergic/anaphylactic reactions within the College community by ensuring the Canteen does not provide any food containing nuts. (This does not include food labelled with 'may contain traces of nuts').
- Reducing the risk of allergic/anaphylactic reactions within the College community by establishing and promoting the College as a 'nut aware' College.
- Demonstrating high standards of hygiene in relation to food preparation, storage and serving and producing documentation that meets Commonwealth and State legislative requirements.
- Encouraging consideration and courtesy among all personnel using the Canteen facilities.
- Operating the Canteen as a non-profit service to the College community.
- Cooking from scratch using local ingredients and products where reasonably practicable.
- Operating in accordance with all relevant State and Local Government legislative requirements.
- Encouraging student involvement and input into the selection of healthy food options available in the Canteen.

Related Legislation, Policies and Procedures

- [Food Act 2003](#)
- [Australia New Zealand Food Standards Code](#)
- CET Canteens Guidance Note
- CET Food Preparation and Handling Guidelines
- CET Anaphylaxis Shock Guideline
- CET Allergy Awareness Guideline
- MCC Canteen Procedures
- School Food Matters 'SmartFood Guide'

Policy Review

This Policy shall be reviewed every three years, or in the event of any information or incident that demonstrates the need for a review, or any legislative or organisational change that would warrant a review.

Policy Dates

Reviewed: April 2025
Next Review Due: April 2028

Policy Authorisation

Megan Richardson
Principal

Kate Bentley
Chair of the Board