



Wesley College Board of Trustees
Wesley College Trust Board

FOOD AND NUTRITION POLICY

PURPOSE

This policy recognises the importance of a healthy and safe environment. This includes promoting healthy eating and nutrition.

GUIDELINES

1. The Catering Manager will ensure that:
 - a. there is a range of healthy food available, including a choice of salads and/or fruit at selected appropriate meals;
 - b. a vegetarian meal option is available when requested;
 - c. menus are constructed following advice from a dietician;
 - d. the consumption of foods high in fat, sugar or salt are actively discouraged;
 - e. appropriate food handling processes are in place; and
 - f. food is prepared and served in a smoke free environment.
2. The Canteen will ensure that only non-carbonated or “diet rated” drinks are sold during the lunch break; and that there is a choice of non-carbonated, low calorie and fruit drinks available at other times when the canteen is open.
3. Clean drinking water will be available to students at all times through the drinking fountains, and bottled water and fruit drinks available from the dispensing machine in the College Quad during break times during the school day, and during “hostel time”.
4. Carbonated drinks with a high sugar / caffeine content will only be available from dispensing machines for a specified period after school each day, and at the weekends.
5. Staff will model healthy nutritional behaviour.
6. Where appropriate, food and nutrition topics will be included in the Health and Physical Education curriculum.

This policy was adopted by the Wesley College Board of Trustees on 6 April 2006 and the Wesley College Trust Board on 27 April 2006.

It will be reviewed on or before the respective March 2008 meetings.

E. Laursen

Chairperson
Wesley College Board of Trustees

J. Murray

Chairperson
Wesley College Trust Board