MERCY COLLEGE MACKAY

NUTRITION POLICY

Year Adopted 2007

POLICY AREA (Nutrition)

VALUES: Respect for the dignity of the human body is a Gospel imperative. In partnership with the community, we are called to exercise wisdom and form right judgements so that by nurturing healthy living habits, we give gratitude to God for the precious gift of life.

RATIONALE: During the time of their school experience, students at Mercy College should be exposed to information and an environment that promotes a healthy lifestyle.

POLICY: Mercy College students will have access to health promoting nutrition and experiences to encourage healthy lifestyle choices.

CONSEQUENCES:

1. Mercy College will adopt a whole school approach to nutritional issues.

2. Mercy College will ensure that curriculum units comprehensively address healthy lifestyle choices.

3. Opportunities are made available for all staff to undertake professional development to improve the understanding of nutrition.

4. Recognise that the physical environment and routines need to be conducive to students’ stage of development.

5. Be sensitive and aware of individual dietary needs in terms of medical conditions and cultural differences and will develop procedures to cater for the needs of those students.

6. The college will comply with any legislative requirements related to the hygienic preparation, handling and storage of food.

7. The college canteen will make available menu selections that are considered good nutrition in reference to contemporary guidelines.