

## CANTEEN POLICY

### Purpose

This policy aims to ensure that school canteen operate as a viable business while supporting the health and wellbeing of its customers.

### Policy Statement

School canteen is an integral part of the School Community. Canteen should provide nutritious food and beverages to students, while being financially viable and adhering to good governance and healthy practices.

### Scope

This policy applies to all persons who work for or in the school canteen and includes persons who have entered into a relationship with the school for a specified period of time, including volunteers, contractors and consultants.

### Guiding Principles

- The canteen reflects the value the school puts on healthy eating practices to students.
- In addition to providing nutritious foods, the canteen has an important health-promoting role within the school.
- For students who use our canteen regularly, the food purchased makes a significant contribution to their total daily food intake and nutrition. Nutrition is important to health through life and it is particularly important to young growing minds and bodies.
- The canteen needs to function as an efficient business enterprise

### Food Categories to be sold in Canteens

Foods, snacks and drinks sold in the canteen should provide nutrients (goodness) like protein, vitamins, minerals and energy. In other words these foods, snacks and drinks should be low in sugar, fat, oil and salt.

To assist in the selection of foods and drinks to be sold in the canteens and other food related activities In the school, this canteen guideline divides foods and drinks into 3 groups to promote the selling of healthier foods.

### **Everyday Group (Must Have)**

Food and drinks in the Everyday Group (Must Have) are based on the basic 3 Food Groups and include:

- Boiled or baked: root crops, breadfruit; and cereals such as whole meal bread, rice and roti
- Boiled vegetables (pumpkin, tomatoes, carrot, corn); fresh salads including lettuce, cucumber, tomatoes, capsicum and carrots.
- Fruits in season and widely available (banana, orange, mango, pineapple, mandarin, guava, apple, watermelon)
- Milk, water, fresh juices

### **School Canteens should:**

- Encourage and promote these food
- Provide a wide range of these foods every day
- Take every opportunity to include foods in this group as the main choices on the canteen menu
- Promote these foods as tasty, fresh and having good value
- Present these foods in attractive and interesting ways
- Include as the main choices at school events and activities involving foods

### **Restricted Group (Should Go Without)**

Foods and drinks in the Restricted Group (Should Go Without) are not consistent with the Food and Health Guidelines for UAE, therefore not recommended for school canteens. Schools should limit the availability of these foods and drinks to no more than one day per week.

### **Foods and drinks in the Restricted Group (Should Go Without) include:**

- Sugar-sweetened drinks category include fruit-flavoured drinks, fizzy drinks, sports drink, cordials
- Deep-fried foods , sugar glazed doughnuts
- Pastry-based e.g. sausage rolls or crumbed/battered foods like fish (as in fish and chips)
- Savoury snack foods - fries, chips, biscuits
- Ice-creams and iced confections - chocolate-coated ice-creams, ice blocks, sun pops
- Cakes, muffins, sweet pastries, slices, biscuits and bars
  
- Sweets (lollies, chocolates, jelly beans)
- Home-made sweets such toffee, fudge
- Processed salted and cheese snacks
- Noodles – all noodles sold in canteens should be cooked before selling

Confectionery (sweets) is of minimal nutritional value. For this reason their sale through our school canteen should be limited or not sold at all.

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