



HEALTH POLICY

The Western Australian School Canteen Association Incorporated (WASCA) is a non-profit organisation which formed on July 15, 1994, to assist schools of all education systems to operate healthy, profitable school canteens. The Association promotes the operation of school canteens to reflect the Health Promoting School model and actively supports the provision of healthy food choices and health promoting environments.

1. Food and Catering Policy

WASCA understands and recognises the importance of good nutrition and the role it plays in maintaining and improving health. WASCA will actively promote healthy catering practices in school communities.

- 1.1 WASCA will provide a role model for healthy catering practices by ensuring that food provided for functions, training sessions and other activities of the association reflects the objectives of the association. Foods provided will include those reduced in fat, sodium and sugar, are high in fibre and include a substantial amount of core foods, including fruit and vegetables.
- 1.2 Prizes that encourage unhealthy eating (e.g. deep fryers, high fat packaged snack foods, soft drinks) will not be provided for fund-raising purposes or awards.
- 1.3 All paid staff and volunteers who provide catering on behalf of the association will receive food handler training commensurate with the level of activity performed, in accordance with the national Food Safety Standards.
- 1.4 WASCA will give preference to food companies/caterers that provide healthy alternatives, e.g. products registered under the Star Choice Food Registration Program or Heart Foundation's Pick The Tick Program.

2. Work Safe Policy

WASCA is committed to improving the health of the community through safe practices in the workplace, especially in school canteens.

- 2.1 Staff, members, and participants of training sessions will have access to equipment that reduces the necessity to lift heavy objects, e.g. trolleys
- 2.2 Participants involved in practical kitchen training sessions will be shown the correct method of lifting to avoid injury.
- 2.3 The Association will comply with the current Occupational Safety and Health legislation at all times.

3. Tobacco Policy

WASCA recognises that smoke free environments protect non-smokers from the harmful effects of environmental tobacco smoke (ETS) and contribute to reducing tobacco consumption levels. WASCA will encourage quitting attempts and discourage the uptake of smoking – particularly by young people.

3.1 All indoor and designated outdoor areas (seated areas/audience areas) under the control of the association will be 100% smoke free.

3.2 All official functions (including dinners, presentations, fund-raising events, meetings and social occasions) will be 100% smoke free.

3.3 Tobacco products will not be sold by WASCA or on any premises under the control of the organisation or used for prizes or fund-raising purposes.

3.4 Any person, either employed by or representing WASCA in any capacity, will refrain from smoking whilst acting in an official capacity.

4. Sun Protection Policy

WASCA recognises that exposure to ultraviolet radiation (UVR) has negative health effects and will therefore introduce measures to minimise exposure in the following ways:

4.1 Conduct activities of the association either inside or under cover.

4.2 Utilise natural shade areas where 2.1 is not possible.

4.3 Staff and members representing the association will always act as a positive role model by adopting sun protection behaviours.

5. Alcohol and Other Drugs Policy

In the interest of health and safety, WASCA will actively promote, encourage and support strategies to minimise harm from alcohol and other drug use.

5.1 All official functions held by WASCA will be alcohol free.

5.2 Water will be readily available and provided free of charge at all functions.

5.3 Alcohol will not be used for prizes or awards.

5.4 Participants or trainees known to be intoxicated due to alcohol/drugs will not be permitted to participate in practical kitchen training sessions.

6. Review

This policy will be reviewed annually. Staff and members will be made aware of the policy. Breaches will be addressed through the Executive Committee.

Adopted at a meeting of the Executive Committee of the association held on the 11th day of February, 2003.