



**HEALTHY EATING
SMART CHOICES
FOR
QUEENSLAND CATHOLIC
SCHOOLS
POSITION PAPER**

Parents and Friends Federation

Position Paper

Healthy Eating – Smart Choices for Queensland Catholic Schools

Position

The Parents and Friends Federation supports the introduction of healthier food and drink offerings to students in Catholic Schools.

To achieve this, the Federation encourages all parents to support and assist their schools in introducing *Smart Choices – Healthy Food and Drink Supply Strategy for Queensland Schools* which was introduced into Queensland state schools in 2007.

Rationale

Obesity and overweight are increasing in Australian children as are associated health problems. The ABS reports that obesity has increased from 5.2% in 1995 to 7.5% in 2007/08 for Australian children. The quantity and type of food are major causes of these problems and the *Smart Choices* strategy directly addresses these issues.

The possible introduction of the *Smart Choices* strategy into Catholic schools was discussed with Directors in 2007. However it was decided that this would be encouraged but not mandated. While some schools have adopted some elements of *Smart Choices*, insufficient change has occurred overall. The time has come for positive action to support those parents and principals who are trying to make changes for the benefit of all students.

The existence of the Government's *Smart Choices* strategy means that Catholic authorities have access to a well researched, ready-made framework and an extensive tool kit of ideas and options for action.

Smart Choices applies not only to tuckshops and also to the broader school environment including breakfast programs, vending machines, fundraising and school events. This strategy takes a holistic approach to healthy eating which is consistent with the ethos of Catholic education.

Benefits

The main benefit is that children will have healthier foods and drinks which may have a positive impact on their weight and their current and future health.

Also, possible future litigation by former students with weight or other health related problems may be avoided.

Approved by State Committee

Date 26 November 2011

Signed by Chair

