

Wellbeing

IT'S VITAL

Healthier Eating

At Alliance Catering, we recognise the link between nutritional and healthier food and improved performance in students. It is our responsibility to provide students with healthier choices. We are particularly mindful of our responsibility to provide well balanced and varied menus. We understand the role that food service plays in the wellbeing, cultural and social development of students. A major focus of Wellbeing it's Vital revolves around the social activity of sharing good food with good company in a fully self-contained community. In the residential college environment, we recognise that students have gained a new independence, being away from family meal habits.

To ensure that their nutritional needs are being met, we are careful to offer an extensive variety of foods. It is important to encourage adolescents to eat a wide variety of foods because they are growing and maturing, and forming lifelong eating habits.

Wellbeing it's Vital

Our Wellbeing it's Vital program aims to minimise fat, salt, sugar and maximise fibre in some of our meal choices. The program is designed to help students make healthier dining choices at each meal period.

Wellbeing it's Vital

- Is based on Australian Dietary Guidelines for Children and Adolescents as set out by the Australian Government.
- Does not support fad diets or trends.
- Is not about weight loss – this requires a very specific approach.

Wellbeing it's Vital specifically sets out to

- Provide students with meals cooked in a manner that minimises fat, sugar, and salt.
- Educate students in the practice of healthier eating
- Provide a simple and sensible guide to healthier eating and cooking.
- Re-balance menus to maximise vegetables and cereals

For more information, please contact
Alliance Catering on (07) 3908 6310