



# FOOD & NUTRITION POLICY

## Context

Status	Statutory
--------	-----------

## Purpose

- To take a lead on changing both the School's and the students approach to food and drink on offer
- To forge a true partnership with the Catering department to ensure whole school commitment to improving food and nutrition.
- To actively promote the links between health and the food we eat
- To improve the nutritional content of meals and associated catering products sold by the Catering department

Consultation	<ul style="list-style-type: none"> <li>• Governors, Leadership team, Catering Team, Students, Parents</li> </ul>
Relationship to other policies	<ul style="list-style-type: none"> <li>• Healthy School Policy</li> <li>• School Improvement Plan</li> <li>• Health &amp; Safety</li> </ul>
Relationship to standard operating procedures	<ul style="list-style-type: none"> <li>• Refresh Operations Manual</li> <li>• Behaviour Management</li> </ul>

Role	Responsibility
Headteacher & Business Manager	<ul style="list-style-type: none"> <li>• Will encourage the use of the catering service by students, staff, visitors, parents &amp; governors</li> </ul>
Learning Directorate	<ul style="list-style-type: none"> <li>• Will actively promote a healthy lifestyle and the benefits of a nutritionally sound diet through the school via the curriculum</li> </ul>
Core Leadership	<ul style="list-style-type: none"> <li>• Will regularly assess student behaviour as a result of implementing the policy</li> <li>• Will increase the drinking of water by children and staff</li> </ul>
Learning Directorate	<ul style="list-style-type: none"> <li>• Will regularly communicate this policy to students</li> <li>• Will provide parents/carers with guidance about what to put into lunchboxes, to guide children and parents about snacks</li> </ul>
All Staff	<ul style="list-style-type: none"> <li>• Will model healthy eating and drinking</li> <li>• To promote recycling and reduce the amount of waste</li> </ul>
Catering Department	<p>Will ensure they:</p> <ul style="list-style-type: none"> <li>• Actively encourage take up of fruit &amp; vegetables</li> <li>• Provide a range of foods consistent with national recommendation for the promotion of health and the prevention of nutrition-related diseases including obesity. Particular attention should be paid to ingredients rich in iron, folate, calcium &amp; zinc.</li> <li>• Ultimately provide a catering service that is 100% nutritionally beneficial to students and staff of the school</li> <li>• Meet Dietary Reference Values appropriate to age in respect of meals</li> <li>• Purchase 75% of raw ingredients from local suppliers such as butchers, greengrocers, bakeries, fishmongers, milkman &amp; supermarkets, etc</li> <li>• Reduce fat content in all products purchased and prepared</li> </ul>

	<ul style="list-style-type: none"> <li>• Minimise the frying of productions and increase oven baking, grilling and steaming where possible</li> <li>• Trim all visible fat from meat</li> <li>• Provide low-fat dairy products</li> <li>• Ensure only vegetable origin fat/oil is used</li> <li>• Remove all genetically modified foods from the purchase chain</li> <li>• Ensure wholemeal and whole grain cereals and breads are provided alongside the alternatives</li> <li>• Ensure wholemeal flour be incorporated in recipes and meals where appropriate</li> <li>• Reduce sugar in all recipes and wherever possible replace with fruit as a natural sweetening</li> <li>• Minimise the use of salt in the cooking process</li> <li>• To provide any reasonable request that relates to special diets</li> <li>• To make healthy food and drink available at social functions</li> <li>• Train the catering employees to purchase, prepare and present foods to meet these responsibilities</li> </ul>
--	--

### **Arrangements for Monitoring and Evaluation**

- Meetings with Student Council representatives
- Catering income and expenditure regular monitoring
- Free school meals take up
- Questionnaires to tutor groups
- Parents voice
- Nutrition audit
- Environmental Health
- Regular checking of NGA, National Healthy Schools Programme, Ofsted (Food in schools)
- Annual report to Governing Body about aspects of food and drink at school
- Review of Risk assessments

Date established by Governing body:	July 2008
Date for full implementation:	September 2008
Date of review:	July 2010

## ANNEXES

---