

Food Policy

Introduction

Coombe Boys' School aims to promote healthy lifestyles to all our students and staff. We believe that healthy children are most able to take full advantage of the educational opportunities we provide. The governing body helps the school to ensure that the food provided in the school and the advice given to students promotes healthy eating and takes individual cultural, religious and dietary needs into account.

The school will review and monitor the catering contract to ensure the school food services meet the Government's Nutritional Standards (effective September 2006) as a minimum standard.

The school will also look to the service provider to continually develop healthy eating and initiatives in conjunction with school born projects.

Scope of the policy

The school and catering contractor will work closely together to:

- Adhere to statutory guidelines.
- Provide a range of foods based on the current Food in Schools guidance.
- Publish guidance that is available for staff, students and parents via the school website.
- Use minimal amounts of fat, salt and sugar.
- Provide training and development of healthy food production techniques for catering staff.
- Market items considered "healthy" in a visible and appealing way.
- Restrict the sale of items considered "unhealthy".
- Explore and trial new "healthy option" initiatives.
- Consult with users (staff and students).
- Review and monitor performance in conjunction with the catering manager.
- Provide foods rich in iron, calcium and folates which are particularly important to teenage girls.
- Supply drinking water for staff and students and enable them to drink water frequently during the day.

Process and Responsibilities

- This policy recognises and supports the Every Child Matters theme 'Being Healthy'.
- Food Technology, PE, Science, PSHE and other curriculum areas provide teaching and learning opportunities in healthy eating and healthy lifestyle education.
- The school's catering contractor supplies specialist nutrition and dietary advice when required and especially in the event of catering for any special dietary conditions of its customers.
- Provision for free school meals is implemented.
- Different user groups are regularly consulted to ensure the catering contractor is aware of staff and student concerns. These include the Student Council, Healthy Schools' theme co-ordinators, staff, students and parents.
- The catering contractor will ensure the correct production (and ingredient purchasing) techniques are adhered to. This may involve informal and formal training and suitable recipe and menu examples.
- Food content, cost and provision is regularly monitored.
- Food provision will be monitored to identify the growing balance of healthy options.
- The catering contractor will provide healthy eating options at breakfast club, break time and lunch time. The school will encourage students and parents to prepare healthy packed lunches.
- Appropriate facilities will be provided for eating meals.
- The school will provide extra-curricular activities related to healthy eating and healthy lifestyles.

Monitoring

The monitoring is to be carried out in accordance with the following programme:

Responsibility	Frequency of Audit
Catering Manager	Daily
Catering Contractor – Area Manager	Monthly
Catering Contractor - Nutritionist	Termly
Healthy Schools' Co-ordinator	Yearly

Annual Review

This policy is to be reviewed annually and this review will identify eating trends and related information, which will be compared to previous information collated.

Review Period

Spring Term

Bibliography

Food Policy in Schools – A Strategic Policy Framework for Governing Bodies (2005). Food Standards Agency.

Statutory and recommended policies – Nutritional standards, (2006). Policies: a guide for school governors and Headteachers.

<http://foodinschools.datacenta.uk.net/>

www.schoolfoodtrust.org.uk