



# Food Policy

## Version 1.3

**Mission Statement:**

Our Catholic Community offers a learning environment for us to develop our God given talents and to recognise Christ amongst us. We respect the dignity of God's creation and, inspired by Gospel values, seek to serve one another.

<b>Document Owner:</b>	<b>Finance Manager</b>
<b>Committee:</b>	<b>Student Welfare &amp; Development</b>
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## **Introduction**

As a Healthy College, St Anselm's College is fully committed to encouraging children to have a healthy, well-balanced diet and establishing good eating habits.

The aim of this policy is to encourage a whole school approach to food and nutrition, which will provide a positive environment for the school community and contribute to the development of a sensible approach to food and health.

To this end, the following groups of people have been consulted and will be involved in its review on an annual basis:

Canteen Manager and Staff

Students

Staff

Parents/carers

Governors

This policy is an organic document, which will be constantly revisited, undergo improvement and updating as circumstances and situations change and as we learn what works.

## **Context**

In September 2007 the School Food Trust's Food-Based Standards for Food other than School Lunches became legislation. Therefore the aims and objectives for school food provision are largely directed by this guidance.

### **1. Break time snacks and drinks**

The importance of eating breakfast has been reported to improve behaviour, attentiveness and learning. Eating breakfast avoids the need to fill up on high sugar and high fat snacks on the way to College. This provision is particularly important for children who do not have breakfast before coming to College and will also ensure that snacks and drinks consumed at break time promote healthy eating.

#### **Aim**

To provide a nutritious, mid-morning snack for all children.

#### **Objectives**

- Break food to be fully compliant with both the Food-based and Nutritional standards introduced in 2008-2009.
- Only milk or water will be allowed as an in-between-meals-drink unless there are medical reasons
- The College will ensure that pupils have access to drinking water throughout the day and at break time

#### **Expected outcomes**

- Pupils can identify and consume a healthier snack
- Pupils know which food is allowed within College
- Increase in pupil concentration span and therefore educational performance.
- Pupil behaviour is further improved
- Pupils are more healthy
- Pupils start to recognise the links between unhealthy snacks and childhood obesity and its inherent health problems in later life

## **2. Vending Machines**

### **Aim**

To establish a profitable, healthier drinks vending scheme

### **Objectives**

- The College will give careful consideration to the siting of the vending machines, recognising the advantages of their location in the dining area or a place close by, so that filling, maintaining and supervising are as easy as possible. The College will also endeavour to minimise congestion problems arising from the use of vending machines
- The College will provide adequate litter bins for each vending machine, to encourage appropriate pupil behaviour
- The College will give consideration to the issue of recycling spent containers from the vending machines where appropriate
- Canned drinks and glass bottles will not be available in College vending machines because of the risk of injury to pupils falling on discarded cans on the yards
- The College will take responsibility to ensure that healthier drinks e.g. diet drinks (not fizzy cans), water and milk are available in the vending machine in line with new Government's Food-based Standards and the messages in the taught curriculum
- The College will not accept vending machines with branding associated with those food or drinks high in fat, sugar or salt.

## **3. The food served at lunch time**

In September 2006 the School Food Trust's Food-Based Standards for School Lunches<sup>4</sup> became legislation. Therefore the aims and objectives for food served at lunchtime are largely directed by this guidance.

### **At a glance – The Food-Based Standards for School Lunches:**

- No less than two servings of fruit and vegetables available per day per child; at least one should be vegetables and at least one should be fruit
- Oily fish such as mackerel or salmon should be served at least once every three weeks.
- Bread should be available at lunch every day
- Free, fresh drinking water should be available at all times
- The only drinks served should be water, pure fruit juices milk, yoghurt and milk drinks with less than 5% added sugar. This means that sweetened fizzy drinks which have little nutritional value are no longer allowed.
- We promote that confectionery including chocolate bars and sweets should not be available for lunch.
- We promote that savoury snacks such as crisps should be part of a balanced lunch meal by parents or meal deal in the College canteen.
- Salt should not be available at lunch. Condiments such as ketchup and mayonnaise should only be available in sachets.
- Meals should not contain more than two deep-fried foods, such as chips and batter-coated products in a single week.
- Manufactured meat products such as chicken nuggets, burgers and sausage rolls, may only be served occasionally and only providing they meet standards for minimum meat content.

## **Aim**

To provide a good quality food service, which promotes healthy eating, and eating together sociably.

### **Objectives**

- The College will work with the provider to ensure that the National Nutritional Standards for School Lunches are adhered to as a minimum
- The College and the provider will market and promote healthier choices.
- Weekly menus and prices of food offered will be displayed in the College dining area and on the school notice boards
- The College will empower pupils and staff to make improved choices about food through the taught curriculum
- Where possible the cook, kitchen staff and lunch time support staff, will receive information and training on 'healthy eating' which is consistent with the healthy eating messages that pupils receive through the curriculum
- The lunchtime staff will encourage pupils to choose healthy balances of food
- Water will always be available as a lunch time drink for pupils having a College lunch and those having a packed lunch
- The College will ensure appropriate time tabling of the lunch break to allow for civilised behaviours and good experiences of eating and talking with friends.
- The College will aim to find ways to enhance the environment for meals by improving furniture, fittings and equipment in the dining area so that there is a pleasant environment for pupils and staff to eat their lunch
- The College will work with the provider to ensure well-planned, customer-friendly management and administration of rota/queuing systems
- There will be good supervision of pupils at lunchtime, with a sensitive manner by teaching and/or non-teaching staff
- Pupils will be given help with social skills and appropriate behaviour when eating food
- The College will have a system in place to remove easy identification of a pupil who has free school meals and will work to eliminate any bullying/teasing that may occur to pupils receiving free school meals
- The College is committed to working with parents, pupils, staff and caterers to design menus to meet the religious, ethnic and vegetarian needs of pupils and staff
- Where a medical condition determines that a child eats a specialised diet (e.g. obesity, diabetes, coeliac disease, cystic fibrosis) the catering service will, where possible, try to accommodate the varying needs. The school will encourage parents to approach the College to discuss the individual requirements following consultation with their GP and a paediatric dietician.

## **4. Packed lunches**

- The College will work with parents/carers and children to raise awareness about eating a healthy packed lunch. Pupils will be taught the importance of Nutrition in the Curriculum
- The lunchtime arrangements for children eating a packed lunch will be given the same consideration as children eating a College lunch

## **Expected outcomes**

- Healthier food and drink options are available at lunchtime
- Pupils can choose healthier options on the menu
- Pupils understand appropriate social behaviour at mealtimes
- Pupils and staff enjoy eating their lunch together
- An increase in the number of pupils having a College lunch, in preference to bringing a packed lunch

- A greater uptake of College meals by children entitled to free school meals, in preference to bringing a packed lunch
- An enhanced environment in the dining area

## **5. Water provision**

Children need to drink at least 6-8 glasses of pure water a day. Low fluid intake can affect concentration and learning. The School Food Trust's Food-Based Standards for Food other than School Lunches state that "Free fresh drinking water should be free and available at all times".

### **Aim**

To ensure that children and teaching staff have access to drinking water and encourage children to drink more water at College so that they remain properly hydrated.

### **Objectives**

- Pupils will have free access to water during the lunch and break times
- Each pupil will be able to have a water bottle filled with water and no other drink on their desk
- Canned and bottled drinks will not be allowed due to health and safety considerations

### **Expected outcomes**

- There is a reduction in the number of pupils reporting that they feel unwell
- Pupils remain alert and there is a reduction in the incidence of tiredness, headaches and general irritability
- Health problems are reduced
- Pupil behaviour is improved
- Pupils' mental and physical performances are improved

## **5. Curriculum**

### **Aim**

To raise awareness of the basic principles of a healthy diet, enable children to develop an interest in healthy eating and empower pupils to make healthy eating choices.

### **Objectives**

- Nutrition and oral health will be taught in the curriculum
- The College will ensure that the taught curriculum and food/drink provision throughout the day present a consistent message
- Representatives of the teaching staff will receive training updates on oral health and nutrition messages from the Health Promotion Service, Wirral Healthy Schools Team, Community Dietitians, School Nurse, Oral Health Promotion or other health professionals
- Where possible, kitchen staff and lunch time support staff will receive information and training on 'healthy eating' which is consistent with the healthy eating messages that pupils receive through the curriculum

### **Expected outcomes**

- Pupils understand the importance of a balanced diet for good health and in helping to prevent obesity, tooth decay and chronic diseases in later life
- Pupils can apply the concept of a balanced diet to planning their own meals

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

