



# HEALTHY FOOD IN SCHOOL POLICY

Mount St Joseph is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. This policy covers all aspects of food and drink at school.

The nutritional principles of this policy are based on current DfE standards for school food. We adhere to the principles of Fair Trade as reflected in our purchasing procedures and source as much as possible produce including our fresh meat and vegetables from local suppliers.

### **Food Policy Co-ordinator**

This school food policy and healthy eating strategy is co-ordinated by the Director of Finance & Resources in association with the Head of Department for Computing & Technology and the Catering Manager.

### **Aims**

The main aims of our school food policy include:

- Enabling students to make healthy food choices
- Providing healthy food and drink choices throughout the school day
- Promoting the learning of healthy eating outside the school day
- Helping to ensure all aspects of our food and drink in school promote the health and well-being of students, staff and visitors to our school

When we are made aware of specific health issues such as celiac / allergies, appropriate food is made available.

### **Curriculum**

The importance of healthy eating and a healthy life style is reflected across the curriculum most notably in Food Technology, Science, PE and whole school subject days.

There are various extra-curricular activities which complement classroom learning, for example, cookery clubs and sports activities.

### **Food & Drink provision**

All food and drink provided during the school day follow the guidance set out by the Department for Education guidance, School Food in England, 2016. Full details and guidance relating to this are available from the School Food Trust ([www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)).

### **Breakfast**

Breakfast is an important meal that should provide 25% of child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a nutritious

meal for students before the school day and complies with the standards. The breakfast menu encourages students to taste a variety of fruit high in vitamin content. During the year 11 exam season the school provides a free of charge breakfast for all year 11 students sitting core subject exams.

### **Vending Machines**

The school does not support the provision of vending machines on site, however offers a variety of snacks and drinks at break and lunchtime. There are a number of fresh water fountains on site.

### **Break time snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively toward a balanced diet. The school however discourages snacks high in fat and sugar at break time.

### **Lunch**

Food prepared by the school catering team meets the National nutritional standards for school lunches.

As a school we encourage students to have a school lunch provided by our catering team. Free school meals are provided to those who are entitled to them. To apply for free school meals please visit:

<http://www.bolton.gov.uk/website/pages/Freeschoolmealsandschoolclothingallowance.aspx>

Healthy options are promoted at lunchtime. Students are consulted about food choices through regular meetings between student council and Heads of Years.

We encourage the consumption of fruit and vegetables as part of the 5 a day initiative as much as possible, for example through the provision of salads and fruit each day.

### **Rewards / special occasions**

The school does not encourage the regular eating of sweets or other high in sugar or fat, especially as a reward for good behaviour, academic or other achievement. Other methods of positive reinforcement are used in schools.

However on special occasions such as sports day the school will provide items such as ice lollies and ice cream to students.

### **Drinking water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all students each day, free of charge. The school agrees with this recommendation and provides a free

supply of drinking water and encourages students to drink at frequent intervals throughout the day.

### **Vegetarian options**

There is a vegetarian option available at lunch each day.

### **Halal options**

The school provides a Halal option at lunch each day.

### **Food safety**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

All staff involved in the preparation of or handling of food are expected to complete their Food Hygiene Certificates.

There is regular monitoring of the food facilities by the Environmental Health Officer and routine audits by the Catering Manager and Food Service Options.

### **The dining room**

The school provides a clean, sociable environment for students to eat their lunch and has developed healthy eating promotional marketing to encourage students to eat a balanced, healthy diet.

Lunch time duty staff help to ensure a safe, enjoyable experience at lunchtime and encourage healthy eating.

### **Leading by example**

Teachers, caterers, and lunchtime duty staff have a key role in influencing the student's knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. It is essential that staff remain committed to setting an example with food in school. Our dining hall, provision for food within the curriculum and hospitality highlights the importance we attach to educating young people and parents of the importance of healthy eating.

### **Consultation, monitoring & evaluation**

This policy has been developed through wide consultation with the whole school community. The policy and its impact are an on-going process to ensure the school reflects DfE standards.