

Colyton Grammar School HEALTHY EATING POLICY

Rationale

The school is committed to promoting healthy lifestyles, in the broadest sense, through a range of school policies and programmes. This policy seeks to address how a policy for healthy eating can promote informed choices for food, particularly through the school restaurant.

Aims

1. To ensure compliance with the national standards for food in schools. Although academies are not required to comply with the food standards as is the case for local authority maintained schools, the school nevertheless expects that food served in the school restaurant should at least meet these requirements as a minimum.
2. To ensure that students and staff have the opportunity to choose healthy meals and snacks when eating in school.
3. To ensure that the school restaurant provides a range of healthy and other options, and maintains the highest of standards in the production and serving of food.
4. To ensure students develop a full awareness of healthy and unhealthy options.
5. To ensure that appropriate and accurate information on food choices is available to all users of the school restaurant.
6. To provide a positive environment for eating in school.
7. To develop an understanding of the role of healthy eating in the broader context of a healthy lifestyle, including exercise and the promotion of health-enhancing habits.

Practice

1. The PSHE programme ensures that all students can acquire the information necessary to make informed choices on healthy eating. Certain topics are revisited in increasing complexity as students move through the school, and in some cases the content is supported by work in other curriculum areas.
2. Healthy lifestyles will be promoted, as is appropriate, in individual subject areas and through the PSHE programme.
3. Senior restaurant staff responsible for planning menus will ensure that a range of foods is available each day. Menus should meet the following requirements:
 - Government guidelines on food standards are to be considered as a *minimum* and the expectation is that the food available at school will significantly exceed these requirements.
 - Menus should provide both balance and variety, as well as complying with government standards. Food on offer should be labelled appropriately to enable students and staff to make informed choices.
 - Menus should take account of special requirements such as those with food allergies, those requiring vegetarian or vegan choices, those requiring a low-fat diet.
 - Allergen information must be made available as required for all food outlets. This is currently provided by touch screens in the queuing area which enable customers to search by dish or by specific allergen
4. All staff in the school restaurant will be appropriately trained to at least Level 2 to ensure the highest possible standards in food hygiene, food handling and other relevant work practices.
5. Where possible, the school will take into account the following additional factors when sourcing food supplies:

- the use of local suppliers rather than national chains
 - the choice of suppliers who provide produce under Soil Association, Farm-Assured, Fair Trade and similar schemes which promote high standards of socially responsible food production
6. The school will continuously promote health eating food choices and ensure that a substantial proportion of food available is of a healthy nature.
 7. Vending machines should enhance, rather than compete with, the choices available in the school restaurant. The selection of drinks and other food items for vending should reflect the whole school emphasis on healthy eating in addition to complying with government food standards.
 8. The school is committed to consulting with students, staff and parents with regard to Healthy Eating, e.g. through the School Forum.

Conclusion

The school is firmly committed to the development and enhancement of healthy eating at school as part of a broad programme of promoting healthy lifestyles.

Equality Impact Assessment

The Catering Manager must make appropriate arrangements on an individual basis to meet specific dietary requirements relating to e.g. race and/or religion where these can reasonably be accommodated.

No other equality issues have been identified

Consultation

This policy has been consulted upon with the catering staff and the School Forum.