

## **SCHOOL FOOD AND HEALTHY EATING POLICY**

Governors Committee Responsible for the Policy:  
Date Policy Approved:  
End Date:  
Leadership Team Role Responsible for Operation  
of the Policy:

**Community and Pastoral Committee**  
**December 2010**  
**31<sup>st</sup> August 2011**  
**Deputy Headteacher, Wider Community**  
**Learning Team**

### **Introduction**

The school recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The school also recognises the role it can play, as part of the larger community, to promote family health, sustainable food and farming practices. Sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds.

### **The Aims of the Policy are**

- to improve the health of students and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- to increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- to ensure students are well nourished at school, and that every student has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- to ensure that food provision in the school reflects the ethical and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- to make the provision and consumption of food an enjoyable and safe experience.

### **The Policy**

The school will ensure that:

- all school meals comply with government expectations.
- vending machines will only be used for the sale of water until a suitable healthy option becomes available.
- students will have access to drinking water through the school day.
- families will have the opportunity to develop their skills in preparing healthy meals.
- sweets and cakes may be permitted as part of the school fundraising programme and to celebrate religious festivals and special school events.

### **Supplements**

School Food procedure