

THE SIR BERNARD LOVELL SCHOOL

FOOD POLICY

RATIONALE

We believe it is our duty to encourage all members of the school community to develop life-long habits that will encourage them to lead healthy lives. It is for this reason that we do all that we can to encourage our students, staff and visitors to understand the importance of a healthy diet to enjoying good health and a sense of well-being. Specifically, we ensure that students receive health education through their science, food technology and personal development lessons. We work in close partnership with our caterer to ensure that food on sale at all times of the day meets guidelines for healthy eating and drinking. We encourage students to hydrate through our "Water on Desks" scheme. We do all that we can to encourage students to make healthy choices and for parents to send in healthy snacks and packed lunches, instead of unhealthy convenience foods which create litter. We encourage students to eat in a pleasant environment where they come to see the value of eating together as a social activity. Finally we see food as an important strand in developing international awareness and so encourage our caterers to offer choices from around the world.

This policy has been drawn up in consultation with South Gloucestershire Domestic Services and our School Nutrition Action Group (SNAG), which is made up of students from all year groups, catering staff and teachers. The SNAG meets three times a year to discuss menus with the caterers and to sample healthy options. The SNAG will lead on monitoring and evaluating the implementation of this policy.

GUIDELINES

School Catering

In pursuit of our aims we will ensure that:

- All food sold in school is low in saturated fat, and salt
- Processed meat products are not sold
- A wide choice of good quality fresh fruit and vegetables is available at all times
- Canned and bottled carbonated drinks are not sold
- Unhealthy snacks such as crisps, sweets and chocolate bars are not sold
- Healthy breakfasts (including a good choice of cereals) are available every day between 8.00 – 8.30am)
- A wide range of dietary needs and preferences is catered for, and choice is available throughout the breakfast and both lunch sessions
- Fried potatoes are only on sale twice a week
- Cooled drinking water is available free of charge in the restaurant
- Food is, wherever possible, sourced locally from organic producers

Drinking Water

We will encourage students to remain well hydrated throughout the day by encouraging them to drink water. To this end, we will ensure that there is easy and hygienic access to drinking water, and we will encourage students to bring water bottles to refill. They will be allowed to drink in lessons where this does not pose a risk to health or safety. They will not be allowed to drink in ICT suites or laboratories.

The Curriculum

We will ensure that students receive comprehensive and consistent messages about healthy eating, and the links between food production and packaging and environmental damage.

Vending Machines/"Fast Food" Outlets

Vending machines are not allowed in school and students are not allowed to visit local shops and fast food outlets at breaks and lunchtimes.

Snacks and Packed Lunches

Students and their parents will be encouraged to bring healthy and 'environmentally friendly' options into school, rather than heavily packaged 'convenience' snacks which are high in fat, salt and sugar.

MONITORING AND EVALUATION

The SNAG will monitor provision in the school restaurant and will meet at least three times each year to discuss menus and related matters. The Healthy Schools Co-ordinator will conduct annual audits of curriculum provision.

Adopted: Date:
Head

Adopted: Date:
Chair of Governors

Reviewed: Date:
Head

Reviewed: Date:
Chair of Governors

This policy will be reviewed annually.