

Whole School Food Policy

Approved Spring 2017

Review autumn 2020

Aim

To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to Torquay Girls' Grammar School.

Rationale

The policy contributes significantly to the school achieving the outcomes of the Every Child Matters agenda and recognises the need for the school to promote a healthy lifestyle through its curriculum and practices. The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the larger community, to promote family health, and sustainable food, including production and farming practices. The school recognises that 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

Objectives

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes healthy eating;
- To provide an opportunity for pupils to plan recipes, budget, prepare and cook food;
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment;
- To ensure pupils are well nourished at school, and that every pupil 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, cultural and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs;
- To make the provision and consumption of food an enjoyable and safe experience in a pleasurable and dedicated environment;
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that do not support them;
- To monitor menus and food choices to inform policy development and provision.

TORQUAY GIRLS' GRAMMAR SCHOOL POLICIES

Guidelines

We recognise that students do have a choice about their food and drink intake, but we aim to encourage students to make a balanced decision about lifestyle, food and exercise.

To meet these objectives the school will:

1. Continue to teach food issues through the curriculum; PSHE programme; Food technology, PE
2. Promote healthier food choices through:
 - Continue to provide fresh, chilled water throughout the day;
 - Consult and involve pupils through the Council/Food Group via regular surveys.

School Dining Service

- Provides and promotes healthy food choices which meet the government's food-based standards at breakfast, lunch time and packed-lunch advice to parents;
- Provides for diverse diets and special dietary needs ;
- Disseminates information about healthy food including advice to parents on packed lunches;
- School menus include: fruit and vegetables, oily fish, bread, drinking water, healthy drinks;
- School menus do not include: confectionery, savoury snacks, salt;
- Condiments, deep-fried foods and manufactured meat products are restricted;
- Evidences control over stock, temperature records, wastage, income, sales mix and traceability of produce;
- Evidence of nutritional balance of dishes;
- Purchases are linked closely to the sustainable schools programme and with regard to food miles.

Curriculum

- The school aims to implement the Policy through the formal curriculum – Food Technology, Food Safety and Hygiene course, Healthy Lifestyle Programme, Physical Education and Science

General School Policy

- Provision of fresh, cool drinking water at all times;
- Pupils encouraged to carry water with them and drink it frequently during the school day;