

## SCHOOL FOOD POLICY

### AIM/PURPOSE

The aim of the policy is to ensure that a balanced range of healthy food and drink is available to students at breakfast, morning break and lunchtimes in the dining rooms.

### GENERAL PRINCIPLES

The meals service is managed by the school on a 'self managed' basis and has a commitment to the following:

- Government regulations on food and nutrition based standards are met.
- School meals can make a positive contribution to the health and well being of young people.
- Well balanced meals have a beneficial effect on the performance and behaviour of pupils.
- The dietary needs of certain ethnic and religious groups are recognised and met.
- The pricing structure is fair and affordable.
- That take up of healthy school meals is increased.

It is expected that parents will support the school policy in the following ways;

- That any packed lunches prepared at home contain recommended healthy food/drink.
- Children are not given money to purchase junk food on their way to and from school.

### SCHOOL FOOD AT TRINITY CHURCH OF ENGLAND HIGH SCHOOL

The above general principles are achieved through the menus, drinks, food content, staff training, free items, tariffs and pricing, value for money and the application of necessary legislation as follows:

- ◆ Vegetables, salad and fruit served daily.
- ◆ Oily fish such as salmon served at least once every three weeks.
- ◆ Bread available at lunchtime, free of charge.
- ◆ Fresh drinking water available, free at all times.
- ◆ The only drinks served are water, pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar; smoothies, low calorie hot chocolate, coffee and tea. Sweetened fizzy drinks or sweetened drinks which have little nutritional value are not served.
- ◆ Confectionery such as chocolate bars, chocolate coated biscuits and sweets are not sold.
- ◆ Savoury snacks such as crisps are not sold.
- ◆ Salt is not available at lunch or break. Condiments such as ketchup and mayonnaise are only available in small sachets.
- ◆ Meals do not consist of more than one deep-fried food, such as chips and batter-coated products, in a week.
- ◆ Homemade products such as burgers are only served occasionally and meet the standards for minimum meat content.
- ◆ With every meal, salad, bread and a free piece of fruit is available free of charge.

### MONITORING AND EVALUATION

This will be carried out by the Head in liaison with the Canteen Manager. Changes to the policy are the responsibility of the Personnel Committee and ratified by the Full Governing Body.

*School Year 2015 - 2016*