



Food and Nutrition Policy

Mission

"Food is a pleasure to be enjoyed. Eating healthily and well should be fun. Food is also important for young people's immediate and future health. Schools can help young people develop good eating habits both through the food on offer and through the curriculum".

Sir Kenneth Calman
Chief Medical Officer
(Eating Well in School)

Food plays a major contribution to the health and well-being of the population. The links between food and income, poverty, accessible food outlets, knowledge and skills and culture are recognised and acknowledged.

Aim

- To implement the mission to support the health, well-being and lifestyles of our children and young people and future adult generations in their relationship with food.

Objectives

- To ensure children, young people and others are given consistent and positive messages about nutritional balance.
- To increase awareness in the local population of the need to eat a nutritionally balanced diet.
- To involve children and young people in decisions which relate to their nutrition education and nutritional intake.

Principles

- To accept that children and young people bring their own family values to their education in the area of nutrition and food technology.
- To continue to provide nutritionally balanced meals in schools via the school meals service based upon the national nutritional guidelines.
- To ensure vending machines and tuck shops offer healthy choices.
- To work towards teaching children and young people basic cooking skills and basic nutrition and food purchase or economics.

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- To ensure that messages about food and nutrition are consistent throughout the whole school for example, not offering sweets routinely as a reward.
- To ensure that healthier food choices are available at breakfast clubs, breaks, lunchtimes and out of school clubs.
- To take up training opportunities for teaching and support staff in schools through the School Effectiveness and Raising Standards Unit extension directory so that all messages which children and young people receive are consistent.
- To work to ensure that both staff, children and young people understand about basic food groups providing nutritional balance. The 'plate model' will be used for consistency.
- To raise awareness with parents and members of community groups about nutritional balance to enable reinforcement of the consistent message, offer advice on healthy food choices in packed lunches and develop imaginative ways to promote healthy food choices.
- To link with other opportunities to develop the work through, for example, the Healthy School Award, The Food For Sport Club, School Meals Weeks, Food Awareness Week and the Active Schools Programme.
- To work with agencies offering sponsorship in schools so that messages to children and young people about nutritional balance are consistent.
- To investigate links with supermarkets and shopping facilities in local areas to help with the consistent message about nutritional balance.
- To provide access to drinking water at appropriate times throughout the day.
- To work with others (school staff, catering services, School Health Advisers and nutritional advisers) to support pupils who follow medically recognised special diets.