



Alec Hunter Humanities College food policy

Mission statement

Our college recognizes the importance of good nutrition on pupils' emotional and physical health and wellbeing and the affects this has on an individual child's ability to maximize their educational attainment.

Aim

- To promote consistent messages throughout the whole college by ensuring all policies, procedures and daily working practice follow this policy.
- To make sure that nutrition has a prominent place in college life
- To offer healthy food and drink choices at all appropriate opportunities
- To ensure the food environment promotes a happy, pleasurable experience
- To have clarity regarding the financing of school food and drink

What we will do

1. Ensure that all food and drink served reflects the needs of all consumers and makes healthy choices easy to take
2. Regularly review occasions during the college day to ensure that food and/or drinks are available when needed and meet statutory requirements.

- a. Before college
 - b. Break times
 - c. lunchtime
 - d. special activities e.g. Sports days, parents evenings
3. Provide food and drink that allows individuals to
 - a. drink cool water frequently throughout the day
 - b. eat healthily without financial disadvantage
 - c. follow special diets / cultural requirements
 4. Create a pleasant eating environment that is appropriate to the age of the consumers
 5. Design a curriculum that delivers complimentary and developmental nutrition messages throughout a pupils school life
 6. Consider nutritional consequences of any organizational change before it happens. Action will be taken to minimize any negative impact.
 7. Ensure the healthy choices are affordable to all students and that promotions and offers encourage healthy eating
 8. Regularly monitor the impact of this work

How we will do it

1. Set up a college food action group to decide priorities, timescales and allocate tasks
2. Include providers and consumers (both adults and young people) in all processes that review, change or evaluate service delivery
3. Work to identify and remove all conflicting information and practices e.g. classroom reward schemes, fundraising using promotions on confectionary products, special offers. Provide access to training to ensure staff are supported to carry out necessary change.
4. Work with College council to improve and promote Healthy eating.
5. Review the process annually alongside other school policies and procedures to ensure congruence

Who will be involved?

Healthy eating and canteen provision are to be regularly discussed at year group meetings. The minutes of these meetings are to be sent to the Canteen supervisor and taken to the College council for discussion. Termly meetings will be set up with the canteen staff and college council representatives to improve and promote provision.

This college food policy is to be displayed on the College website so that all students and parents can comment via e mail to the Healthy School Coordinator.

This policy will be reviewed by the *Governors* on a regular basis.

Areas for consideration

Breakfast club	
break time	
Water provision	
School lunches	
Packed lunches	
Dining environment	
Celebrations & festivals	
Food in the curriculum	
Monitoring & evaluation	

Signed & dated.