


SCHOOL FOOD POLICY

 <p>TRINITY CHURCH OF ENGLAND HIGH SCHOOL</p>	Reviewed by:	Governors' Personnel Committee
	Approved by:	Full Governing Body
	Date approved:	9 th July, 2019
	Next review due by:	End of 2021/22 academic year

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. Our catering service aims to create a culture and ethos of healthy eating

GENERAL PRINCIPLES

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

- The requirements for 'School Food Regulations 2014', which ensures 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 students.
- The dietary needs of certain ethnic and religious groups are recognised and met.
- The pricing structure is fair and affordable.
- Increasing school meal take up year by year through developments in the offer to students.

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 by the catering service providing good quality food, cooked and priced to represent good value to parents and students in an environment which is pleasant to be in.

The school applies the following:

- ◆ 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 Catering Manager. Changes to the policy are the responsibility of the Personnel Committee and ratified by the Full Governing Body.