**[School Food Policy](http://hollylodge.liverpool.sch.uk/policies/school-policies-2/school-food-policy" \o "Permalink to School Food Policy)**

**Holly Lodge Girls’ College Whole School Food Policy**

**Values and Ethos**

We believe that…

* Eating food should be an enjoyable experience
  + Food and drink should be nutritious
  + No food should be classified as good or bad
  + The key to healthy living is having a balanced diet linked to physical activity
  + A balanced diet increases a student’s ability to learn effectively
  + Food can be a learning opportunity between cultures and generations
  + We should promote an ethical approach to food procurement

We seek to…

Influence and improve the health of the whole school community by equipping pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and their environment. This shall be accomplished by providing high quality food education and food service and ensuring consistency in food messages throughout the school day.

**Aims**

**Food leadership** – Senior management and governors shall facilitate the role school plays, as part of the larger community, in promoting family health, and sustainable food and farming practices and ensuring consistent messages throughout the school day

**Food quality and** **provenance** – we will ensure pupil and staff receive tasty, nutritious, affordable and safe food during the school day and have easy access to a water supply that is separate from the toilet area.  All food served will meet the minimum standards set out by the Government under the School Food Plan

**Food Education** – we will equip pupils with the relevant core skills and knowledge to make informed choices about the food they eat throughout their lives.  We will provide them with a range of curricular and cross curricular opportunities that incorporate messages about food and nutrition, food hygiene, food production, manufacturing, distribution and sustainability issues.

**Food culture and** **community** – we will create and promote a positive food culture within the school and its wider community.

**Objectives**

❖      **Food Leadership**

* To ensure the whole school is involved and consulted with on school food issues through a School Nutrition Action Group (SNAG)
* To work with the whole school to develop an agreed whole school food policy and action plan
* To integrate the agreed action plan into the School Improvement Plan
* To ensure the whole school and community are kept informed of key changes in relation to food issues
* To maximise the uptake of school meals to 70% OR an increase of 20%
* To maximise the uptake of free school meals to 80% or higher
* To encourage and support the provision of healthy packed lunches and snacks by ensuring appropriate coverage in newsletters and taster sessions for parents and children, e.g. parents evening and open days
* To ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics.

❖      **Food Quality and Provenance**

* To ensure all catering staff are involved and consulted on issues relating to food within the whole school and ensure continuous professional development opportunities;
* To ensure the food provided in the school canteen, is of consistent quality, has seasonal variation  and meets the Government’s current minimum standards
* To adopt a menu that is seasonal and displays origins of fresh produce that is informative for customers
* To provide free cooled water in the dining room and sports hall
* To encourage consumption of water in all areas at all times with the exception of  Science Labs, Practical Rooms, the Library or ICT Rooms for reasons of safety
* To promote Government’s “school food other than lunch” standards to parents and pupils to encourage healthy snacking at breaktime.
* To ensure all special dietary requirements are catered for including religious, ethnic, vegetarian and allergy free/special options

❖      **Food Education**

* To enable pupils to develop an understanding of the relationship between food, physical activity and short and long term health benefits
* To provide the opportunity to acquire basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene to pupils
* To provide pupils with the opportunity to learn about the growing and farming of food and its impact on the environment

❖      **Food Culture and Community Involvement**

* To encourage the consumption of breakfast at home
* To provide a safe and enjoyable lunchtime experience and environment by ensuring  acceptable noise levels and adequate supervision, updating furniture, decorating eating areas and providing enough service points
* To actively market and promote healthier options by using strategies such as displays, special offers, subsidies, portion control etc
* To  create displays that reinforce messages about healthy food
* To  ensure there is no collaboration with businesses that require endorsements of brands or products that are high in fat, sugar or salt
* To share our learning experiences with other schools and community groups e.g. feeder primary schools.

**Implementation and Monitoring**

The school council and SNAG monitors the provision of food and drinking water in school. Teaching and support staff also feed into the process.

*This document to be made freely available to the entire school community.  It will also be made available on the  website.*