

WHOLE COLLEGE FOOD and DRINK POLICY

1. Responsibilities

The Governing Body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in college. The Governing Body also recognises the role college can play as part of the larger community, to promote family health and that sharing food is a fundamental experience for all people, a way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships.

2. Mission

The educational mission is to improve the health of our community by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and cooking skills, the food served in college, and core academic content in the classroom.

3. Aims

Marsden Heights Community College aims to provide an environment that promotes healthy eating that enables students to make informed choices about the food they eat. This will be achieved by a whole college approach to nutritional standards.

- 3.1 To improve the health of students, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- 3.2 To increase students' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- 3.3 To ensure students are well nourished at college, and that every student has access to safe, tasty and nutritious food, and a safe, easily available water supply during the college day.
- 3.4 To ensure that food provision in the college reflects the ethical and medical requirements of staff and students e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- 3.5 To make the provision and consumption of food an enjoyable and safe experience.
- 3.6 To introduce and promote practices within the college to reinforce these aims, and to remove or discourage practices that negate them

4. Objectives

- 4.1 To work towards ensuring that this policy is both accepted and embraced by:
- Governors
 - College Leadership
 - Teachers and Support Staff
 - Students
 - Parents
 - The wider community
- 4.2 To integrate these aims into all aspects of college life, in particular:
- Food provision within the college
 - The curriculum
 - Pastoral and social activities

5. Methods

- 5.1 Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to meeting the objectives e.g.
- Set up a school nutrition action group (SNAG)
 - Include in the annual reports to governors and parents:
 - Description of the level of service
 - Meal uptake
 - School meal promotion marketing plan
 - Progress in meeting food policy goals
 - Quality of food being served (hygiene, nutrition, sustainability).
 - Consult with students re preferences in planning menus and snacks
 - Decide how to involve parents and the wider community
- 5.2 Develop an understanding and ethos within the college of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- 5.3 Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- 5.4 Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.
- 5.5 Completion of the **School Food Plan** (published in July 2013) that encompasses all methods identified above.

Last Reviewed: October 2014