



FOOD AND DRINK POLICY

Unity College Food and Drink Policy

Process

The Whole College Food and drink Policy is a shared, evolving document for all stakeholders who interact with Unity College. It expresses our common vision of the ethos, status and role of all aspects of food and drink in college. The policy underpins the work of the catering team, food technologists, student support services, pastoral support teams, and teaching and learning across the different subject areas, and meets the standards for National Healthy Schools Status and Lancashire Healthy Schools.

Rationale

At Unity College food and nutrition is seen as having an important role in the educational development of students. We believe that education about health issues is very important for our students both now and in the future. We acknowledge the link between a healthy diet and the ability to learn effectively. We also recognise that college can play a significant role as part of the larger community to promote healthy eating and drinking. We aspire to improve the health of the college community by teaching ways to establish and maintain life-long healthy eating and drinking habits. This aspiration is reflected in our school ethos which promotes respect for ourselves and others, unity and passion for learning.

Aim

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of students, staff and visitors to Unity College, by:

- Providing a consistent programme of cross-curricular nutrition education that enables students to make informed choices without guilt or anxiety.
- Providing a 'whole college, whole day' approach to nutrition that makes choosing healthier options easier.
- Working to ensure that nutritional standards are implemented by providing attractive, value for money meals appropriate to local needs.
- Working to achieve a pleasant and sociable dining experience which enhances the social development of each student.

Nutritional Aims

To provide healthier products in line with government standards and to encourage students to select them.

The Unity College menu will include:

- Fruit and vegetables
- Oily fish
- Bread
- Drinking water

- Meat alternatives (soya and Quorn)
- Vegetarians - a portion of non-dairy is available every day
- Healthier drinks

The Unity College menu will restrict or eliminate from the menu:

- Confectionary (eliminate)
- Salt and condiments (restricted)
- Snacks (restricted)
- Deep fried food (restricted)

Objectives

To work towards ensuring that this policy is both accepted and embraced by governors, senior leadership, teachers and support staff, students, parents, food providers and the wider college community.

To integrate these aims into all aspects of college life, in particular: food provision within college, the curriculum, pastoral and social activities.

Provision of Food and Drink across the college day

The new requirements for school lunches and for food other than lunches will apply to all our food and drink provision. This includes:

Breakfast Club (addressed the negative effects on concentration and behaviour of going without breakfast);

Break time (maintains healthy levels of nutrition and hydration during the day)

Lunch time (encourages a variety of foods and healthier choices)

Free School Meals (addresses the nutritional issues faced by students from low income families. The system for free school meals is actively promoted to parents and students)

Packed lunches for trips and visits (ensures consistency of provision)

After college and evening events (promotes the healthy eating and drinking policy to the wider community).

Drinks Policy

Water is provided free of charge, from water coolers, at break and lunch times. Students may purchase (plastic) bottles of water from the dining area to drink during the day. Students are permitted to drink water (only) during lesson time if required.

All the drinks served are school compliant and limited to a portion size of 330ml. Milk drinks are made from low fat milk.

Lunch time catering

To encourage students to make healthy choices the variety of healthy foods on offer is planned and monitored by the catering manager.

The following principles apply:

- Menus are changed regularly
- Local and seasonal produce are sourced
- There is only one 'chip day' per week
- Water is always available
- There is a hot vegetarian choice every day
- There are identified Halal choices
- There is a choice of freshly made (dated) sandwiches every day
- There is a fresh salad choice daily
- Baked potatoes and fillings are available daily
- A priced menu with 'specials' is displayed prominently
- There is a choice of food throughout the service period
- Meat alternatives (soya and Quorn)
- Vegetarians - a portion of non-diary is available every day

Dining Room Environment

The college recognises the impact of lunch time organisation on the behaviour of students and the value of promoting social skills. The college works in partnership with the catering team to create a positive dining experience. Teaching and support staff are encouraged to dine with students during the service period to encourage social skills and to maintain a sense of calm and good order. This supports their transition and gives an opportunity for meals to be eaten in a relaxed and unhurried atmosphere which is an aid to digestion. The Year 7 transition manager is responsible for catering arrangements for induction students. The senior leadership team have responsibility for liaising with catering staff regarding lunch time organisation including queuing, supervision, exam arrangements and college outings.

Sponsorship/Incentive schemes

The benefits of participating in any promotional scheme will be carefully balanced with the ethos of the healthy eating and drinking policy. Unity College does not use vending machines.

Curriculum, Teaching and Learning

The importance of a consistent approach to nutrition education that enables students to identify balanced choices is recognised and promoted by teaching food technology, PE, PSHE and by personal development leaders.

The PSHE programme includes sessions on positive body image and influences on food choices.

House Leaders will help to support the promotion of healthy eating and drinking through the regular programme of assemblies which are reinforced through PD tutorial sessions.

Healthy eating and drinking concepts and the use of the college dining facilities forms part of the induction programme for new students.

The catering team are involved in providing a wider eating and drinking experience when producing foods from around the world as part of the citizenship programme.

Cooking skills are promoted in food technology and competitions entered when appropriate.

Students with Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating.

Unity College recognises that some students have special dietary requirements and arrangements are in place to support those who have nut allergies, diabetes or coeliacs. The schemes of work are sensitive to this and teaching staff will be aware of any students to whom this may apply.

Student Involvement

Students are encouraged to give feedback and make suggestions about the eating and drinking provision at the college to the Student Council and via questionnaires and surveys conducted in PD time.

Parental Involvement

All new parents will be given information about the catering service and information leaflets on healthier eating. Information about the catering service at the college, including examples of the three weekly menus will be placed on the college's VLE for parents/carers to view.

The catering service will provide information about healthy eating using displays at parents' evenings and open evenings, when providing refreshments. A copy of the college's healthy eating and drinking policy is available to parents on request.

Monitoring and Assessing the Policy

The food and drink policy is monitored by SLT. It will be reviewed biannually, with the views of the whole college community taken into consideration, including the student voice. The uptake of healthier options will be continually monitored and reviewed.

Teaching and learning will be assessed as part of the college's continual cycle of review to ensure that the correct knowledge, understanding and skills are being developed and attitudes and values are explored. In line with the college's teaching and learning policy, students will be encouraged to reflect on their learning during plenary sessions and end of module assessments.

Unity College has been accredited by the Lancashire healthy Schools Programme in recognition for its development in this area.

This policy should be read in conjunction with the following policies:

- Food Technology including Allergies
- Trips – allergies risk assessment
- ID - Healthy eating/body image
- PE – Healthy eating and sport

This policy is updated and reviewed on a regular basis.