



LIONHEART ACADEMIES
TRUST

WHOLE SCHOOL FOOD POLICY

**This policy applies to all the academies in
Lionheart Academies Trust**

Adopted by Lionheart Academies Trust Board: 2016

To be reviewed by Lionheart Academies Trust Board: 2018

Signed: Chair of Board:

Date:

OUR AIMS:

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- Curriculum teaching and food nutrition is consistent and up to date.
- To have a healthy breakfast served.
- To always have a 'food week'.
- That all the vending machines are healthy and serve our students a choice of juice drinks, milk and water at all times.
- That we have the facilities and trainer to do Food Safety Training courses and Refresher Training for the food technology and catering staff.
- That the menus are changed monthly and include fresh meat, vegetables and fruit and that multicultural food is served.
- That the minimum amount of sugar and fat and salt are used by the school cooks when cooking student meals.
- That all students requiring free school meals are treated the same and indiscreetly and never refused any food.
- That the eating environment will be clear, bright and enjoyable eating areas provided with tables and chairs.
- To ensure there is a constant supply of fresh water available to students and visitors.
- To give the students competitive prices.
- To make sure we liaise with the students to see what healthy food they would like on the menu.
- That effective teaching to develop the understanding of healthy eating issues and attitudes make the decision informed.
- That committees and group discussions are taken into the school policy.
- The teachers and caterers influence the pupils with the right attitudes about food.

- That caterers are following healthy eating guidelines and that staff are given the opportunity to participate in healthy eating training.
- That caterers are made aware of any pupils with a food intolerance or severe allergy.
- That the cross curricular links with food and nutrition are being kept.
- All hospitality/conference food served is of high quality, fresh and balanced, and fresh fruit and water available throughout the day.
- The Healthy Schools Co-ordinator is Rose Richards (Executive of Catering/Nutrition for Lionheart Academies Trust).
- To ensure healthy eating teaching and support for a healthy eating education.
- To ensure consistent messages are presented about healthy eating.