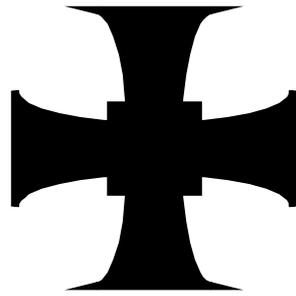


TRINITY SCHOOL
CARLISLE



A CHURCH OF ENGLAND ACADEMY

FOOD POLICY

Premises Committee

Revised: September 2015

For ratification by the full Governing Body: September 2015

Next review: September 2018

Objectives:

The Governors aim to ensure that all aspects of food and nutrition at Trinity School promote the health and well-being of students, staff and visitors.

The Governors will promote the creation of partnerships between caterers, staff, students, parents and other interested groups so that all those involved in food at Trinity School have the chance to join in the planning and evaluation of the catering service.

The Governors are committed to ensuring that all aspects of the school's activities reinforce key Healthy Eating messages.

1. School meals

School meals should be nutritious, varied and appeal to students. For a significant proportion of students, school lunch may be the only meal of the day. School meals should help create an interest in food by offering students a range of new food experiences. School meals should also provide an opportunity for the development of social skills.

The School is committed to:

- Strategic planning involving caterers, staff, students and parents.
- Supporting school-based partnerships through Student Councils, the Healthy Schools group or other alternatives.
- Improving the nutrient standards of schools meals.
- Improving the social experience during school breaks.
- Maintaining and improving the dining and food preparation facilities.
- Where practicable, ensuring that all children who require specialist diets receive them.
- Encouraging all students to eat 5 portions of fruit/vegetables per day.
- Encouraging all students to drink appropriate fluids (e.g. water, fresh juices and milk)
- Reducing the availability of high sugar, high fat, high salt products (e.g. crisps, pastries, chocolates and sweets) in accordance with Government guidelines.

The principal objective of the catering service is to provide a first-class and efficient service, which meets the needs of all prospective customers, including:

- students from the 6th Form
- students from Years 7 - 11
- staff
- parents, governors and visitors

The service also aims to identify and implement best practice, recognising the need to provide a valued and attractive catering service to discerning consumers, and to be self-financing.

The service will be available in the main school Dining Room as follows:

- **Pre-school breakfast:** Served from 8 - 8.25 a.m. for all students and staff.
- **Morning Break:** Service from 10.35 – 10.55 a.m. for all students and staff.
- **Lunch-time:** There are two lunchtime services in the 11-16 school: the first at 12 noon and the second at 12.25pm.
- **Meetings & events:** Pre-booked service of drinks, snacks, etc.

The Carloli dining area will provide the sixth form with an all-day bistro service initial service times will be from 8.15 am to 3.15pm.

2. Links to the curriculum

The School aims to establish clear links between what is being taught in the curriculum and what is offered for consumption to students in school. It will provide consistent messages to young people, at the same time creating an interest in food and nutrition.

3. Drinking Water

Research has shown the value to students of having regular access to fresh, chilled drinking water throughout the school day. Intake of water is linked to good health, better concentration and increased attainment. The School is committed to providing a supply of free, chilled drinking water and currently operates five chilled water units in school.

4. Partnership with parents and wider community

A successful whole school food policy can impact on the wider community. It is vital that the school gives consistent messages to children and the community at large and that all aspects of the school's activities reinforce key Healthy Eating messages. Parents need to be aware of the School Food Policy and of how they can support it in other areas of their children's lives.

The School is committed to:

- Developing stronger partnerships between parents, the school and catering staff.
- Communicating with parents on all aspects of food in school including information and advice on healthy packed lunches and snacks.
- Developing dialogue with the School's community and partners to ensure that Healthy Eating activities initiated by the School are developed and maintained.

5. Monitoring and Evaluation

It is important to monitor progress and evaluate outcomes against this policy.

The School is committed to developing monitoring and evaluation systems, which take account of:

- levels of uptake in school meals and free school meals;
- feedback from students, staff and parents;
- input and advice from the School's caterers.

Mellors – Our Commitment to Trinity School

1. We will phase out sugary drinks and work towards serving only milk, water, smoothies and fruit juices.
2. Meals will be freshly prepared on the premises.
3. Menus will change each week and will be published on the website and in the school bulletins
4. Cakes and biscuits served in the canteen will be prepared on the premises.
5. Chips will be offered no more than once per week.
6. No mechanically recovered meat will be used in preparation of school meals.
7. Fresh vegetables will be used for school meals, with some exceptions, e.g. baked beans, frozen peas.
8. Vegetables or salad will be served with all cooked meals.
9. Fresh fruit, fresh fruit salad and low fat, additive-free yoghurts will always be available at break and lunch times. Fresh fruit will be available at subsidised prices.
10. We will not purchase ready-peeled potatoes.
11. We will not use powdered milk in preparation of school meals.
12. Fat, sugar and salt contents of food and drinks will be limited, in line with Government recommendations.
13. Food will be sourced from local suppliers where possible. This integrates the school into the local economy, reduces food miles and encourages links with the local, rural community.
14. The use of Fair Trade and organic ingredients will be encouraged. We will consider trading and farming conditions and food miles when deciding our menus.

Food for Life benchmarks:

unprocessed food - 75% menu items; organic food - 30% total by weight;
local food - 50% total by weight.

15. Hot and cold healthy snacks will be available during break every day.
16. A full menu will be available throughout lunchtime every day. This should allow better use of the dining room space and less of a rush at the beginning of the period.
17. We will not accept sponsorship from companies associated with unhealthy foods.
18. The school catering service will be managed to break even.
19. We will be open to new ways of serving healthy food (e.g. sandwich vending, different hours of opening).
20. We will continue to offer breakfast and after-school catering provision.
21. We want our students treated as valued customers and we will train our staff in:

Catering skills;
Customer service;
Presentation of food; and
Serving/delivery of food.

22. We will supply name badges for catering staff and an identifiable supervisor.

The layout of the dining areas and kitchen will continue to be further upgraded, to improve throughput, comfort and efficiency. A cashless payment system is operational.

The scope and timing of change is dependent on financial resources.