



OFSTED OUTSTANDING SCHOOL
Weymouth, Dorset DT4 9SY
t: 01305 830500 f: 01305 830555
w: <http://www.budmouth.dorset.sch.uk> e: budmouth@budmouth.dorset.sch.uk
Acting Principal: Amanda Fortescue



Budmouth College

Healthy Eating Policy

Governors' Committee responsible:	Finance and Resources
Link Senior Leader responsible:	David Bone
Date reviewed:	19 th November 2014
Next review date:	November 2018

Working Together, Creating Opportunities

All *policies* can be found on the College 'R' drive in the Policies folder.



Working together, creating opportunities



Healthy Eating Policy

Nutrition experts agree that a healthy diet is one of the best ways of maintaining and protecting children's health, both now and later in life.

Yet the diets of British schoolchildren have given cause for concern in recent years, having been found to be too high in fat and sugar and too low in fibre, iron, calcium and certain vitamins which are essential for health, growth and development. As a consequence, the Government phased in food-based and nutrient-based standards for school food between 2006 and 2009.

There is considerable scope for caterers to have a positive influence on children's food choices, thus helping to establish healthy eating patterns for life.

Our Aims:

As specialist education caterers, we are committed to encouraging pupils to make healthy food choices by:

- 1) Adopting healthy catering practices in the preparation and service of food so that pupils are offered meals which are nutritionally balanced but tasty.
- 2) Planning menus with both health and enjoyment in mind.
- 3) Making wide use of starchy, fibre-rich foods, vegetables and fruit whilst limiting fatty, salty and sugary foods and avoiding highly processed foods, so that we meet the proscribed Government standards for school food.
- 4) Promoting and marketing food choices in a way which supports nutrition recommendations and makes healthy choices the easy and popular choices.

Our Commitment:

We are committed to working in partnership with our clients to provide a service that meets the nutritional needs and expectations of pupils and staff.

We welcome opportunities to collaborate on school initiatives/projects designed to promote the adoption of healthy lifestyles.

We are keen to ensure that the approach to nutrition education taken in the classroom is reinforced by the food messages given in the school dining room.

We recognise the importance of keeping parents informed of the steps we take to promote sensible food choices at school and welcome feedback.

In short, we are committed to working with schools to make ours a valuable contribution to the development and future health of students.

Prepared by Geoffrey C Harrison, Chairman, Harrison Catering
Adopted by Budmouth College November 2014