

# West Exmoor Federation



## Food Policy

Reviewed in June 2017

## West Exmoor Federation – Food 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 school. The Governing Body will ensure that the school meals provider achieves the current nutritional standards for school meals as set by The Education (Nutritional Standards for School Lunches)(England) Regulations introduced in April 2001 (new guidance issued in January 2015).

The Governing Body recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generation bonds.

The Governing Body also recognises the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

### 2 Mission Statement

To improve health of the entire 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 skills (such as cooking and growing food), the food served in school and core academic content in the classroom.

### 3 Aims and Objectives

- To ensure that all aspects of food and drink in school promote the health and well being of the pupils, staff and visitors to our school.
- To improve the health of pupils, 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.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To ask the school meals provider to provide regular information about the origin of the food served at the school.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils, eg, religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims and remove or discourage practices that negate them.
- To work towards ensuring that this policy is both accepted and embraced by all stakeholders including governors, management, teachers and support staff, pupils, parents, food providers and the federation's wider community.

### 4 Methods

- Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to meeting the objectives.
- Carry out a school food audit as necessary.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food through both education and by developing curriculum links and local examples.
- Create an environment, both physical and social, that is conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.