



# FOOD POLICY

## **Mount St Mary's Catholic High School Food Policy**

Adopted by Mount St Marys' Governing Body on 20 July 2023

Signed

A handwritten signature in black ink, appearing to read 'Jane E. P.', is written over a horizontal line.

Chair of Governors

Review date: 20 July 2026

This policy has been developed by consultation with a number of staff members, all of whom have a relevant connection with aspects of food within Mount St Mary's. The MSM Food Policy can be found on the MSM website and as such is referenced in the school prospectus and the MSM Messenger publication.

### **Aim of this policy**

The aim of this policy is to ensure that all students and their parents and carers have access to, and are directed to, information regarding all aspects of food and nutrition at MSM. In so doing, promoting healthy eating for all as part of the healthy schools objective of the health and wellbeing of students and their families, staff and visitors to MSM. The effectiveness of this policy will only be limited by refusal or reluctance of any of those for whom the policy is written, to engage in following the policy guidelines. It is our belief that a healthy, nutritious and balanced diet is an integral part of the physical and intellectual development of our students. Students, and all people, that follow a healthy diet and lead a healthy lifestyle have more chance of fulfilling all aspects of their potential. Many extensive studies indicate that healthy people are better equipped to focus on tasks and succeed at whatever objectives and challenges they may be given. Feeding the body healthily will fuel the mind.

### **Actions**

- Ensure that all departments that refer to eating and nutrition in their curriculum, do so in a manner that supports the healthy school aim
- Monitor the catering provision by liaising with the catering manager over food provision
  - Ensure compliance with all regulations regarding catering
  - Provide healthy choices for all food and drink on MSM school premises
  - Where possible, strive to provide equal access to food and drink for all, regardless of their needs e.g. religious beliefs and allergies
- Provide a clean, sociable environment with adequate seating facilities for both students and staff to eat their lunch.
  - Have duty staff reminding users of the dining facilities to remove their used crockery, cutlery and trays, and dispose of their wrappings and used containers, and any left-over food before leaving the dining room
- Provide access to water around the school premises and permit students to consume it when desired
- Carbonated, energy and/or sugary drinks are not permitted on the school site
- Not allow vending machines on site in order to remove any conflict between MSM food provision and vending company provision
- Advertise catering information on the MSM website such as menus and prices
- Ensure that teaching staff with responsibility for food have basic food hygiene training
- Promote the uptake of free school meals on the MSM website, how to check eligibility and how to apply for free school meals
- Direction to healthy packed lunch information on the MSM website

## **Packed lunches**

[Packed lunches: [Packed Lunch Guidance](#)]

In compliance with national guidance, MSM recommends that packed lunches contain:

- At least one portion of fruit and one of vegetables each day
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chick peas, hummus or falafel) every day
- Oily fish, such as salmon, at least once every three weeks
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals (aim for wholegrain varieties) every day
- Dairy food such as milk, cheese, yoghurt, fromage frais or soya products every day
- Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted
- If a pudding is included we ask that it be fruit based, this is in line with the fruit based pudding that children with school meals receive (e.g. fruit salad or tinned fruit with custard or yoghurt), fruity rice puddings (e.g. Muller Rice), fruit smoothies and fruit based crumbles
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

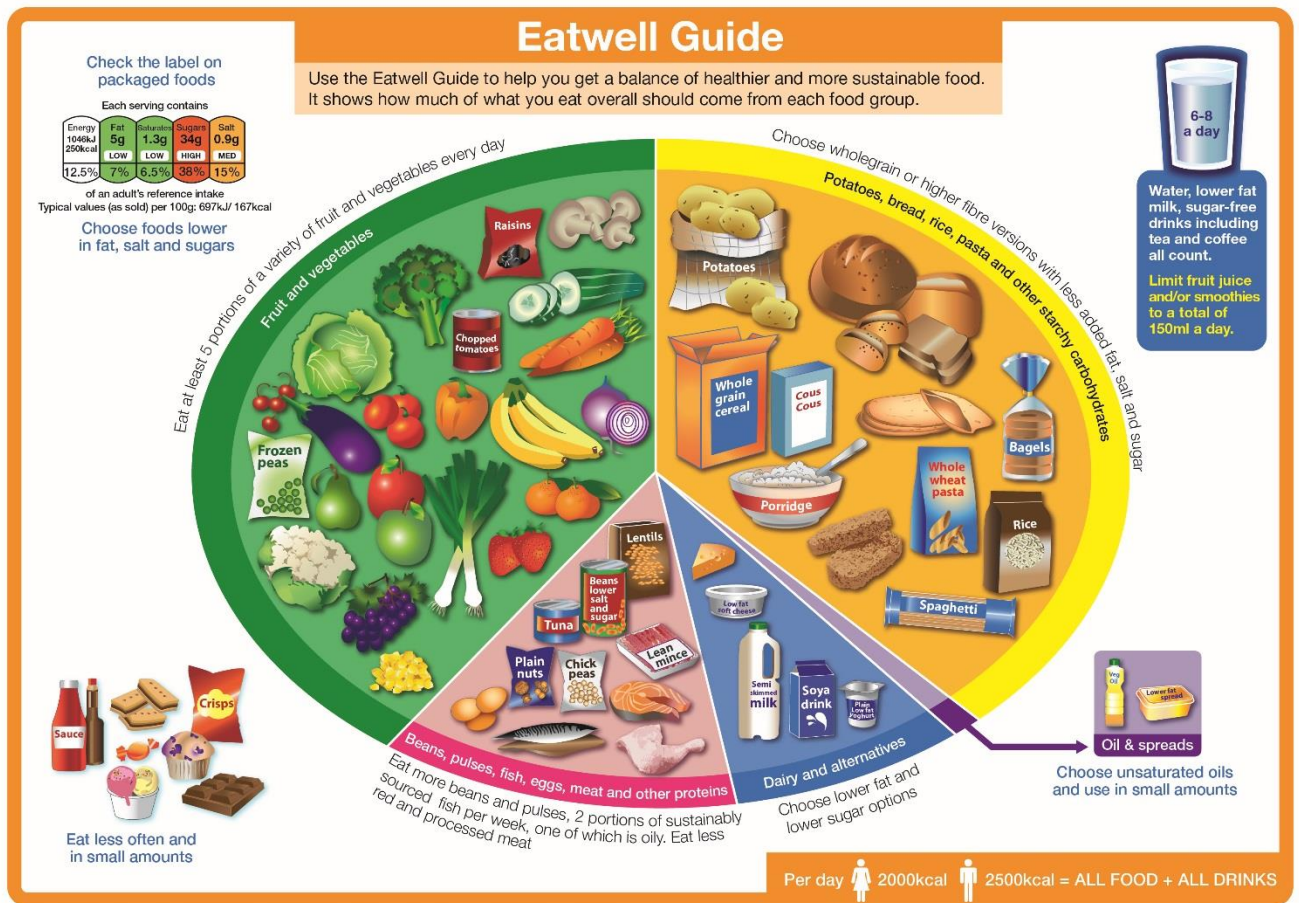
Packed lunches should not contain:

- Snacks such as crisps. Instead provide seeds, vegetables and fruit (with no added sugar)
- Confectionary such as chocolate bars, chocolate-coated biscuits, chocolate spreads, sweets or chewing gum
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should only be included occasionally (no more than twice a week)
- Fizzy or sugary drinks

It is advised that parents include an ice pack in packed lunches. Fresh food prepared and stored at room temperature for a period of between 2 and 4 hours can have greatly increased levels of bacteria in them, which may be harmful to those consuming the food.

## REFERENCES

- The nutritional principles of this policy are based on current evidence based findings; and the 'Eatwell plate' (see below) is the agreed model for ensuring a healthy balanced diet.



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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- [The Eatwell Guide](#)
- Standards for school food throughout the school day are in place.
  - [Childrensfoodtrust](#)
- Further information can also be found in the School Food Plan (July 2013)
  - [School Food Plan](#)

## Curriculum

- All Year 7 and Year 8 students receive a scheme of food and nutrition education within Technology in one of the two year groups
- Science education includes diet and nutrition and the benefits of exercise and a healthy lifestyle
- PE promotes a healthy lifestyle
- Humanities includes health and medicine throughout history and agriculture in different countries

All lesson references to health and eating habits, promote the correlation between healthy eating and good health and increased longevity (life length), the converse is referred to, and, where appropriate, examples of the potential subsequent health consequences are given.

## **On-site provision**

Our own on-site catering team does all our catering in-house. This gives us a greater control over what is provided and the content of everything that is produced, thereby ensuring that we can be confident that we comply with all regulations. We can also be sure there has been no nut oil used and that all beef and chicken is halal. We have no vending machines at MSM, it was felt we had less control over content and potentially where and when students would eat and drink.

Food is available to all persons on-site pre-school, break-time and lunchtime. All food and drink provided comply fully with all guidelines and recommendations as can be seen from the menus and price list published on the MSM Website.

A number of water dispensers are located around the school and students are permitted and encouraged to have water with them at all times.

The canteen is open for breakfast as many students may not have the provision to eat before leaving home and studies show that people that have no food intake in the morning function/operate below their optimum (best), hence we encourage the use of the canteen prior to the school day beginning.

All catering staff and teaching staff delivering food technology lessons have the correct required up-to-date qualifications.

MSM operates a cashless biometric system for canteen payment the details of which can be found on the MSM website. This system also permits parents and carers to track what has been purchased and hopefully consumed by their child/children.

Parents, carers, students and any other interested parties, are directed to the MSM Website for any information on MSM policies.

MSM recognises that some students may require special diets that do not allow for the standards to be met exactly. In these cases, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For the reasons of potential allergic reactions, students are advised not to swap packed lunch items with other students.