

KINGSWOOD FOOD POLICY

Having a balance and variety of foods and drink is important for good health

Aim:

To assist schools in ensuring that all aspects of food and nutrition in school promote the health and well being of pupils.

All Schools

- All fruit and vegetables served by Kingswood Catering will be cooked and stored to preserve optimum nutritional value. All staff will be sufficiently trained to achieve this.
- Additional salt will not be added to vegetables and potatoes during the cooking process.
- Kingswood Catering will not deliberately use nuts and nut products during the cookery process. We cannot guarantee that any aspect of our meals do not contain traces of such products.
- A selection of nutritionally balanced options will be available every lunch time.
- No less than two portions of fruit or vegetables will be available each day per pupil, at least one of which will be salad or vegetables and one which will be fruit
- An oily fish option will be available at least once every three weeks.*
- Our meals will not contain more than two deep fried options in a single week.*
- Our meals will not contain products made from reformed or reconstituted foods.
- All meals will be nutritionally analysed to ensure that they meet or exceed the enhanced standards set by government. (Further information can be provided upon request).*
- Kingswood Catering will not offer confectionery, high fat crisps or sugary drinks in any school.
- Kingswood Catering will assist any school in delivering clear and consistent messages about food, nutrition and healthy eating
- We will work in partnership with schools to establish a 'whole school food policy' and a co-ordinated approach to increasing the availability and take up of healthier options through participation in school nutrition action groups and student councils. We will place particular emphasis on the following messages:
 - Enjoy your food
 - Eat a variety of different foods
 - Eat plenty of foods rich in starch and fibre
 - Eat plenty of fruit and vegetables
 - Don't eat too many foods that contain a lot of fat
 - Don't have sugary foods and drinks too often
- All our meals will be produced in a safe, hygienic environment by well trained staff.

Primary Schools

- Kingswood Catering will encourage pupils to enjoy the benefits of a healthy breakfast by providing a breakfast service to any school at net cost.
- We will assist any school wishing to extend the national fruit scheme to all pupils by supplying fruit and vegetables at net cost.
- We will assist any school in extending the service to include positive adult role models at lunch time.
- We will support schools in activities aimed at reducing the uptake of packed lunches
- We will not make condiments available to pupils.
- Pupils taking a school meal will have access to bread throughout the lunch period.*

Secondary Schools

- Only 'Lo Salt' will be available to pupils.
- We will ensure that 'Healthy Options' are available during every service period. Each Healthy Option will be clearly labelled.
- Over the course of the year, a range of healthy foods will be offered at discounted rates.

A Copy of our Food Policy will be on display in every dining room

* From September 2006.