

# CHANNING SCHOOL HEALTHY EATING POLICY

## RESPONSIBILITIES

Channing School recognises the important connection between providing pupils with a healthy balanced diet and their ability to learn effectively and achieve high standards of attainment in all areas of school life.

The School operates a Healthy Eating Policy which provides a consistent and structured approach aimed at encouraging healthier eating and living.

## MISSION

To provide pupils and the School community with the knowledge and skills to understand the importance of living a healthy lifestyle. To provide all aspects of a healthy lifestyle to pupils and the School community and to encourage, to the best of the School's ability, participation in this policy.

## OUR POLICY IS TO

- Actively educate pupils about what constitutes a healthy balanced diet.
- Adopt healthier food preparation methods to reduce the fat, saturated fat, salt and sugar content of our dishes whilst retaining nutrients, taste and appeal.
- Design menus and construct recipes that promote the healthier cooking methods and use the healthiest possible ingredients.
- Actively inform pupils of the contents of their meals and highlight the healthier options so allowing informed choice. Our aim is to encourage participation in this policy through education, encouragement and knowledge; not enforcement.
- Train the catering team in understanding the key principles involved in providing a balanced healthy diet and the skills and knowledge required to promote healthy meals to pupils.
- Use promotional material to highlight the importance of eating a healthy balanced diet as well as highlighting the healthy choices of the day.
- Bring fun to mealtimes, educating and informing pupils about different food groups, tastes and textures. Creating an interest in food so encouraging a desire to try new foods.
- Provide a source of fresh water to pupils throughout the day.
- Make the provision and consumption of food an enjoyable, safe and social experience.
- Where possible to source our foods from sustainable sources