



MARK RUTHERFORD  
SCHOOL

*A performing school, a creative community*

# **FOOD POLICY**

**JUNE 2007**

## Mark Rutherford School Food Policy – June 2007

At Mark Rutherford School, we recognise that good nutrition is essential if our pupils are to achieve their potential in life. We will help pupils to develop a positive attitude to Healthier Eating through the curriculum, food provision and links with families and the community.

### Aims

- To enable pupils and staff to choose healthier meals and snacks in school.
- To help pupils and staff to understand the importance of a healthy and safe diet in the context of a healthy lifestyle.
- To ensure that everyone understands what healthier choices are.

### Objectives

- A 'Healthier Eating' working group will be set up to ensure that this policy is widely implemented.
- A planned programme of food and nutrition including age relevant working on eating disorders will be delivered as part of the spiral curriculum.
- Healthy Eating will be promoted in a consistent way by all teaching and non-teaching adults in the school.
- The 'dining room'; menu will provide at least one third healthier options which will be actively promoted. This will include all food provided through the school kitchen.
- Pupils and staff will be treated with equal respect in the dining room and encouraged to eat socially and without excessive time pressure.
- Suitable facilities will be available for pupils and staff to eat packed lunches.
- Pupils and staff will have access to drinking water.
- The tuck shop and vending machines will provide healthier options which are actively promoted.
- Healthier packed lunches will be promoted and measures taken to promote safe storage.
- Food provided for school functions will meet healthier eating criteria.
- All educational materials related to food should be up-to-date, accurate and unbiased.
- To promote the benefits of having a 'Healthy Body, Healthy Mind'

The policy will be monitored by the 'Healthy Eating' group. It will be reviewed biennially where specific targets need to be met, a detailed plan will be produced.

Signed.....	Healthy Schools Coordinator
Print name.....	Date.....
Signed.....	Head of School
Print name.....	Date.....