

# **NUTRITIONAL STANDARDS POLICY**

Cardinal Newman Catholic School is committed to encouraging healthy eating among children and to ensuring that Government guidelines are met or exceeded.

This is to be achieved by ensuring that the contract with Scolarest requires the delivery of the necessary level of service, and by ensuring through regular reviews and measuring outcomes that the requirements of the contract are met.

The quality of service is monitored by regular daily use, weekly assessment and more formal monthly meetings with the local and area managers of Scolarest.

Annually Governors, through F & GP committee, will review performance.

June 2006

## **BACKGROUND TO SCOLAREST**

Scolarest is committed to encouraging healthy eating among children by providing the highest standards of nutritionally balanced, healthy school meals. Over the last two years the company has been working on a range of Primary and Secondary school initiatives, in line with Government recommendations. They include:

- The introduction of a new healthy eating concept across all Secondary schools. This concept is branded 'Wellgood' and aims to introduce healthier foods alongside existing and familiar offers. This encourages children to choose a healthier option.
- The key principles of 'Wellgood' include the removal of salt from all cooking, the reduction of saturated fat and sugar in cooking, the encouragement of oven baking, steaming or grilling cooking methods, increased fibre content with more wholemeal, granary and fresh fruit, fibre-rich foods. There has also been a reduction in artificial colourings and flavourings.
- As part of this initiative, the introduction of an exciting new interactive cooking competition (On your marks, get set, cook!), will engage children and inspire, enthuse and motivate them to eat and live healthily.
- The company is working with suppliers to minimise preservatives and salt in favour of more natural and fresh ingredients.
- Supporting the Government's 'Five a Day' campaign with fresh fruit and vegetables available every day, developing recipes to increase the amount of vegetables eaten.
- Introducing breakfast clubs and milk bars into schools.
- Introducing 'healthier' vending machines which carry a range of flavoured waters and natural fruit juices plus healthier snacks and working with schools to remove carbonated drinks from menus and machines.
- Developing a training programme for all cooks working in schools to complete the NCFE Intermediate Certificate in Nutrition and Health – a comprehensive three-part programme focusing on healthy eating, diet and nutrition.

June 2005