

ALDENHAM SCHOOL HEALTHY EATING POLICY

The School's appointed Catering Contractor, the Brookwood Partnership Limited, have a Healthy Eating Policy which has been adopted by the School and which is applicable for all food prepared and served by Brookwood on the School's premises. There is one minor variation on the implementation of the Brookwood Policy which is that, at the instruction of the School, salt mills are available on the Servery counter for staff and pupils to add salt to their meals if they so wish.

A copy of the Brookwood Healthy Eating Policy (statement and implementation) is attached.

Brookwood run promotional activities on particular aspects of healthy eating from time to time and these are adopted by and promoted within the School. In addition Brookwood staff are encouraged to promote healthy eating through presentations at assemblies throughout the School and through participation in the Pupil's Dining Hall Committee.

The School has also adopted its own Healthy Eating Policy for all food stuffs sold or supplied to pupils by the School itself through the School Tuck Shop and vending machines on the School campus. The School has identified, through nationally publicised information, E numbers, additives and artificial colourings considered to be harmful or to cause hyperactivity and foods with such contents are not made available. No products are offered which contain nuts or nut trace elements.

Vending machines contain only approved healthy foods and drink vending machines offer a range of still juices, smoothies and waters but no "fizzy drinks". All vending machine products are obtained from companies which specialise in a provision of healthy foodstuffs.

Houses adhere to the Healthy Eating Policy both in the snacks served to pupils during the School day and in the evenings and where they provide them in House "Shops".

There may from time to time to mark particular celebratory occasions be some minor deviation to policy by specific prior authorisation of the Deputy Head.

Within these constraints the School endeavours to offer a wide range of food and drink products which will appeal to its pupils and are nutritionally suitable for healthy growth and development.