



Food Policy

September 2017

**Approved by the Joanna Piskula owner Piskula Catering Kitchen in
of Our Lady of Mount Carmel Catholic Primary School**

Piskula Catering –Food Policy

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Responsibilities

The Governing Body and Piskula Catering recognise the important connection a healthy diet and a pupil's ability to learn. They also recognise the role played by the school, as part of the larger community, to promote family health.

Mission

To improve the health of the school community by teaching pupils and families ways to establish and maintain life-long healthy eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served from Piskula Catering in schools with the content of the curriculum.

Aims

- The good serving healthy food for to improve the health of members of the school community by helping to influence their eating habits through increasing their knowledge and awareness of food issues including hygiene.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and an easily available supply of drinking water.
- to ensure that food provision from Piskula Catering in the school reflects ethical and medical requirements, e.g. vegetarian, medical and allergenic.
- To make the provision and consumption of food an enjoyable and safe experience.

Objectives

- To work towards ensuring that this policy is accepted and embraced by : all staff, pupils, parents, food providers, the wider school community
- integrating into the curriculum

Integrating into the Curriculum

- planning healthy meals –menu
- safety healthy technology cooking
- world dishes (international meals)
- Traditional food from the past.

Guidelines for Healthy Lunches

- Fresh fruit available every day
- Only one helping of ‘ sweet ‘ pudding per child (second helping should be fruit)
- Roast potatoes on menu no more than three times per week
- Pupils encouraged to drink water with their meal
- dining arrangements conducive to enjoyable meal time in a safe and clean environment

Guidelines for Healthy Packed Lunch

- fresh fruit every day
- vegetables
- sandwich, wrap, quiche , sausages roll
- bread sticks, homemade fresh cakes

Pupils are encouraged to bring a bottle water to drink during the day, water included on the packed lunch on the trip and for lunch time on the table.