



HAMILTON COLLEGE

FOOD POLICY

Plan administration	
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Electronic copies of this plan are available from	Staff Handbook - Whole School Team - Pupils - Food Policy
Hard copies of this plan are available from	Executive Assistant to SLT
Date of next review	February 2023
Person responsible for review	Head of Junior School/Catering Manager

INTRODUCTION

Hamilton College is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between the catering manager, Nursery manager, SLT, pupils, parents and NHS Scotland Healthy Living Award.

AIMS

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with NHS Scotland: Healthy Living Award and NHS Scotland: Set the Table Guidelines.
2. To offer pupils and staff a varied, healthy and balanced lunchtime meal.
3. To ensure a consistent yet evolving approach is taken to healthy eating across the school community.

FOOD THROUGHOUT THE DAY

1. Catering Availability Through the Day

Fresh Fruit and water are available to pupils and staff throughout the day.

Pupils are encouraged to help themselves from a selection of apples, bananas, plums, pears and satsumas during break times, but we have a fruit bar available at any time of the day for pupils or staff.

Pupils and Staff are encouraged to keep hydrated throughout the day with water fountains located around the school and in the dining hall.

2. School Lunches

Lunches are served between 11.45am and 1.30pm.

We provide a selection of hot and cold options.

We aim to have a choice of 2 meat dishes and 1 vegetarian each day. Pupils and staff are encouraged to take vegetables or salad with these meals.

We offer an extensive salad bar, with 15 different core salads and protein additions, tuna pots, chicken pots, houmous etc.

School meals are planned on a 3-week cycle and we work strictly within NHS Scotland: Healthy Living Award Guidelines.

NHS Scotland: Healthy Living Award Guidelines in brief are as follows-

- Minimal use of salt when cooking i.e., not adding to pasta water or potatoes etc

- Minimal use of saturated fats i.e., using vegetable oils and use of deep fat frier kept to a minimum.
- Minimal use of sugar i.e., offering fruit-based treats and desserts.
- Promoting uptake of fruits and vegetables
- Offer starchy sides with main meals i.e., rice, pasta, potato, bread etc
- Avoid sugary or fizzy drinks. We are a water only school.

3. Packed Lunches

The school's packed lunch policy is developed using guidance from NHS Scotland: Healthy Living Award. We offer in house assembled packed lunches. Pupils are not permitted to bring their own packed lunches unless an exemption has been made through a referral from the pupil's GP and authorised by SLT.

The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta salad or fresh vegetable salad.
- 1 portion of fruit
- Dairy food such as cheese or yoghurt
- Healthy baked snack (crisp alternative)
- Healthy snack bar (reduced sugar muesli bar etc.)
- Bottled water

4. Nursery Provision

Working to NHS Scotland: Setting the Table Guidelines snacks are provided during the morning and afternoon, and always include:

- Protein (ham, chicken, roast beef etc)
- Dairy (cheese portions, yoghurt etc)

- Carbohydrate (bread sticks, oatcakes, crackers etc)
- Fruit (berries, melon, apple etc)
- Vegetable (carrot sticks, edamame beans, celery etc)

5. Snacks from Home for Break Times

Pupils can bring a small snack from home for morning break. This must not include:

- Fizzy drinks
- Sweets or chocolate
- Crisps or similar items
- Nuts or nuts in any form, including coconut

J1 - J3 pupils also have a short afternoon break where we encourage a fruit only snack.

REWARDS AND SPECIAL OCCASIONS

The school does not allow food to be used as a reward for good behaviour or achievement.

We encourage any parent/caregiver who would like to send in a treat for their child to share with the class on their birthday to consider allergies and healthy options. It is at the teacher's discretion as to whether the treat is served in class or sent home at the end of the day.