HEALTHY EATING POLICY STATEMENT

LBC Catering Services will operate a healthy eating policy in all catering services provided to Luton Borough Council. The policy will follow the guidelines laid down in the Government White Paper - The Health of the Nation. It will also reflect the recommendations of the National Advisory Committee on Nutrition Education (NACNE) and the Committee on Medical Aspects of Food Policy (COMA) reports on diets.

LBC Catering Services operate the new School Meals Standards mandatory, and had done since September 2006.

The general aim of the policy will be to reduce the consumption of fat, particularly saturated fat, sugar and salt while increasing the consumption of dietary fibre, but without unduly restricting the scope of choice.

In achieving the general aims the diets of our customers must still contain adequate calories, protein, vitamins and minerals to meet each individual’s requirements.

Most important, the meals we supply are enjoyed by our customers day after day, year after year, as well as being in the best interests of their health.

HEALTHY EATING COMMITMENT

Developing and implementing a School Meals Strategy, to promote the uptake of a healthy balanced diet amongst school age children and young people in Luton

The School Meals Strategy is linked to Luton’s corporate objectives in particular to reduce health inequalities and improve the health of children and young people.

Every Child Matters, in particular the ‘Be Healthy’ theme, where the Children & Young People Strategy Board (CYPsb) have prioritised the prevention and management of overweight and obesity in children and young people.

The initiatives are:

- menus designed to encourage a healthier choice in schools
- working together with headteachers /teachers to include healthy living in the school curriculum
- training catering staff in understanding the principles involved and promoting healthy meals to pupils
- using promotional material in school dining rooms to highlight the benefits of a healthy life, eg sports personalities posters, attractive posters displaying healthy foods
- as identified in our marketing plan, the use of a points collection for healthy choices towards a reward
- competitions for all age groups with good health as themes, materials and prizes to be donated by suppliers
- using colour coding on menus and service counters to identify healthy choices
- including a special promotion in National School Meals Week to highlight the benefits of healthy living
- publishing achievement of schools gaining ‘Heartbeat’ and ‘Healthy School’ awards in local press and internal newsletters
HEALTHY EATING AIMS AND OBJECTIVES

School meals make an important contribution to the daily diet of pupils in schools and provide between 30% and 40% of their daily energy intake.

In order that LBC Catering Service makes the best use of the above the following aims and objectives will be employed:

- to provide nutritious and wholesome food which will address some of the concerns about pupil’s present and future health in a positive way
- to emphasise at every opportunity the healthy eating policies in place
- to have a marketing plan which includes initiatives to encourage pupil’s healthy choices on a year on year basis
- to train staff within the service, building on their sound knowledge and understanding of the link between good food and good health
- to ensure that a healthy eating strategy is a joint venture between schools and the catering service, as a long term commitment for their pupils and adults of the future
- to develop menus, which reflect a range of meals, allowing for individual needs to be met in cultural, religious requirements.
- to ensure that each pupil taking a school meal has provided in that meal the recommended daily amounts (RDA) reflected by the Health of the Nation guidelines
- to promote a balance of good health by providing as wide a range of foods as possible, ensuring this is done on a regular and ongoing basis