

Healthy Eating Policy

Policy number	PS016
Applies to	Prep School
Endorsed by	Headmaster
Responsibility	Headmaster
Date reviewed	February 2020
Next review	March 2021

Young boys require decent amounts of wholesome food and regular meals in order to grow into healthy young adults. All children over the age of five are encouraged to eat a varied, balanced diet that is low in fat, salt and added sugar. All should be eating plenty of fruit and vegetables as part of a balanced diet. At Bedford School we recognise the connection between a healthy diet and a pupil's ability to learn effectively and achieve their potential in school. The School recognises its role, alongside the wider community, in promoting physical and mental health.

Dining Halls

All boys join together in our relaxed, modern dining halls to eat each day.

Using the finest ingredients our chefs create a wide variety of exciting, nutritious and delicious meals. With a selection of soups, traditional meals, exciting dishes cooked on the theatre bar, vegetarian dishes, pasta, jacket potatoes, salads, freshly baked breads, desserts and fresh fruits to choose from, boys enjoy great choice on a daily basis. In one sitting, boys can enjoy soup and bread, a main course, a salad, a pudding, as well as fruit. We also cater for a wide range of special dietary requirements. In addition to meeting the needs of children with specific allergies or intolerances, we give special consideration to the requirements of the growing number of international students within our school, understanding the specific needs of each group and ensuring we offer a service that caters for all.

We warmly welcome feedback from boys and work with them to encourage healthy eating. Our Boarders also enjoy house choice nights each week and themed menus throughout the term.

Catering at Bedford School

Sodexo is proud to work in partnership with Bedford School in delivering the catering and cleaning services.

The health and wellbeing of pupils is of paramount importance to us and we understand that good nutrition is vital in helping them to achieve their best both in and outside of school.

We source our food responsibly and ethically and are proud to have long standing relationships with our suppliers. All of our food is made fresh from scratch, every day. We strive to provide fresh, nutritious seasonal food and we use the best of British seasonal fruit and vegetables where possible. Fresh bread is baked daily and there is a varied salad bar available at lunch and supper.

We help pupils to adopt a healthier diet by using only lean cuts of meat, trimming all excess fat before cooking and only using rapeseed oil for cooking and olive oil for dressings. To reduce levels of salt in our meals we use herbs as an alternative to salt.

Meat and poultry can be traced back to British farms. We only use Red Tractor certified fresh British beef, pork, lamb and poultry. Our fresh British bacon is made from pork reared on UK farms and smoked using beechwood chips for a delicate but delicious taste. The chefs only use fish from sustainable sources and are encouraged to use Omega3- rich fish as often as possible. We take pride in sourcing the best ingredients to make the best food. It's simple, we only use:

- 100% Red Tractor fresh milk and cream;
- Fresh British fruit and vegetables wherever possible;

- RSPCA Freedom Food accredited pork and British Lion marked eggs;
- MSC certified fish and seafood;
- Fairtrade, Rainforest Alliance and organic coffee.

For further information why not visit our website: www.independentsbysodexo.com

Healthy Snacks in the Prep School

In the Prep School, only fruit or other healthy snacks are allowed and should be eaten outside during break times, and only water is allowed as a drink. Any other drinks, chocolate and/or sweets brought into school will be confiscated.

Nuts of any type must not be brought to school under any circumstances.

Birthdays

Boys may bring in treats for their tutor group to celebrate their birthday; however, to ensure the safety of boys with nut allergies, only the following items are permitted:

- Cadbury's Dairy Milk buttons;
- Cadbury's white chocolate buttons;
- Nestle Smarties;
- Rowntrees Fruit Pastilles;
- Rowntrees Jelly Tots;
- Haribos;
- Kinnerton Chocolates.

These items must be handed to the form tutor at the start of the school day and will be distributed at a convenient time agreed by the tutor. Items must not be distributed by the boys themselves at any time as some boys may be allergic to items other than nuts.

Parents must ensure that the school is updated with any changes to allergy information.

On rare occasions, as authorised by the Headmaster, where cakes and/or other sweet treats are permitted in school, all items should be clearly labelled with ingredients and must not contain nuts.

The only drink that boys should bring to school is water in a clear plastic bottle, and boys should make sure that they drink water regularly throughout the day. Fizzy drinks are not allowed in school.

Chewing gum is not allowed under any circumstances.

All boys must attend lunch. Food and drink should not be purchased from vending machines or the School Shop during the school day, but boys are allowed to visit the School Shop to purchase uniform and equipment during breaks and lunchtimes. Any sweets or chocolate purchased at the school shop after 4:10pm must not be brought back onto the Prep School site.

Cake Sales

We ask parents who bake cakes for charity sales not to use nuts or nut derivatives in their preparation. Pupils with food allergies need to know the ingredients in everything they eat. Even the tiniest amounts of nuts could cause a severe reaction. A list of all the ingredients used must be clearly labelled

on the wrapping, before cakes are provided for sale. If cakes are purchased from shops to donate to the charity sales, these must have labels with the list of ingredients on the wrapping. Even though nuts may not be listed as ingredients, cross contamination may have taken place during preparation. Our advice, therefore, is that pupils with nut/peanut or food allergies/intolerances, should avoid buying homemade cakes at these sales.