

Provision and Preparation of Food and drinks

STANDARD: 8

Standard 8 – provision and preparation of food and drinks		Evidence
8.1	All boarders, including those with special dietary, medical or religious needs, are provided with meals which are adequate in nutrition, quantity, quality, choice and variety.	<ul style="list-style-type: none"> • Document: Meal Arrangements • Boarder Application Form • Examples of previous menus from Harrisons Catering, which reflects the diversity of the boarder's nationalities. • Allergy poster • Example Menu • Litmus Report • Food Committee meeting minutes
8.2	Suitable accommodation is provided for the hygienic preparation, serving and consumption of boarders' main meals. This may be situated in the main school provided it is adjacent to or reasonably accessible from the boarding accommodation.	<ul style="list-style-type: none"> • Tour of kitchen • Harrison Catering Service has Food Health and safety manual held in kitchen area which complies with current legislation.
8.3	In addition to main meals, boarders have access to drinking water and to food or the means of hygienically preparing food at reasonable times.	<ul style="list-style-type: none"> • Tour of House: Centralised facilities in dining area including microwave, fridge, snacks, toast, fruit, yoghurt. Milk.
8.4	Pupils with disabilities are provided with appropriate assistance to eat, in a manner which promotes dignity and choice.	<ul style="list-style-type: none"> • Not necessary at the moment. Would be built into the Boarding Support Plan

MEAL ARRANGEMENTS

HC3S are contracted to arrange and supply all the Boarding House's catering requirements. Their policy is as follows:

"HC3S strongly believe that as caterers to the education sector we have a responsibility to promote and encourage healthy eating amongst young people by ensuring that the food and drink we provide throughout the school day reflects the messages of healthy eating taught in school."

At the academy we are aware of the recent government initiatives which also focus on the health and well-being of students and want to help and support schools to provide the best meal service possible.

HC3S have already made many changes to the food we provide and are constantly looking at the range of food and menus.

1. Fruit and Vegetables

We use a mixture of fresh, frozen fruit and tinned fruit and vegetables. Examples include:

- potatoes, sweet potatoes, broccoli, carrots, peppers, courgettes, cabbage, apples, pears, bananas and grapes are all fresh
- peas and green beans are usually frozen
- sweetcorn and pack apple are tinned.

2. Local

Our beefburgers are made specifically for us by the Pure Organics company, based in Amesbury, Wiltshire. They have a high meat content of 76.7% and are made from Hampshire beef. Likewise, our meatballs are also made from local Hampshire beef and our sausages are now made from local pork.

3. Genetically modified food policy

HC3S now has suppliers which can guarantee to provide food which does not contain detectable genetically modified ingredients.

4. Fish

Haddock and cod is always used and not the cheaper fish products made from 'mixed white fish'. Salmon fish cake and Hastings fish cake, both have naturally occurring Omega 3, the essential fatty acid which is only found in oily fish.

5. Bread

Most of our bread, including Naan bread and Focaccia is freshly made in our kitchens, our pizza bases are all wholemeal and even our white bread has a small percentage of wholemeal flour added to it.

6. Processed foods

Our definition of processed foods is those foods that have had their basic constituent changed in a way which then requires it to be reformed, adding flavourings and enhancements, such as salt or sugar, to complete the product.

We have virtually removed such products from the menu and are striving to be as processed free as possible.

7. Fat, salt and sugar

The majority of the food we sell is produced on site, allows us to develop our own recipes which have reduced fat, salt and sugar and a proportion of wholemeal flour where appropriate.

8. Beverages

We ensure water is always available and provide water, fruit based drinks, pure fruit juice, and plain and flavoured milk.

9. Confectionary

We do not sell chocolates or confectionary.

10. Vending

Whilst the Government's new food based standards do not prohibit the use of vending machines in schools, this is not something that is currently offered within school or the boarding house.

Our current services include:

- Hot drinks dispensing a range of branded quality coffee and tea, examples include Kenco and Cadburys as well as fair trade products
- Coca-Cola branded cold drinks which include Malvern water, Powerade and Oasis

Arrangements

Breakfast is served in the morning from 7:45am

Lunch is served in the Academy dining room and boarders are afforded £3 on their fingerprint each day for this.

After school snacks are always available in the boarding house free of charge from 3pm

Common rooms are fitted with facilities available for snack making.

Dinner is served from 5:45pm onwards.

Completed by: Shelly Willis

Job Role: Senior House Parent

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Authorised by: Matt Price

Job Role: Director of Boarding

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