

Balanced Eating Policy

The Green Room Foundation is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

This policy is in place to support a prioritisation of nourishing minds and bodies through a whole-provision approach to food, and is written with the government policy of healthy eating and exercise in mind. We believe in fostering a positive relationship with food, emphasising variety, balance, and mindful eating.

This policy encourages healthy choices while respecting individual needs and preferences. We aim to create a supportive environment where students can learn to enjoy nutritious foods and understand how food contributes to their overall well-being

Owner: AA/WCJ/KAF/CJM

Date Created	Date 1st Review Due	Date Reviewed	Version	Next Review Due
November 2017	November 2018	January 2019	2	January 2020
		October 2020	3	October 2021
		February 2022	4	February 2023
	GRK Review	February 2023		
	GRW Review	February 2023		
	GRC Review	February 2023		
	Overall Review	February 2023	5	February 2024
	GRW Review (CJ)	January 2024		
	GRK Review	January 2024		
	GRC Review	January 2024		
	Overall Review	January 2024	6	February 2025
	GRW Review (CJ)	January 2025	7	January 2026
	GRW Review (CJ)	January 2026	8	January 2027

Overall Expectations

The overall aim of this policy is to cultivate a provision environment that supports healthy eating habits and fosters a positive relationship with food among all students. This includes providing access to nutritious meals, promoting mindful eating practices, and educating students about the connection between food and overall well-being. By creating a supportive and inclusive environment, we aim to empower students to make informed food choices that support their physical, emotional, and cognitive development

In practical terms this means students and staff consume balanced meals and snacks throughout the provision day and employ non-restrictive food practices where appropriate. Our aim is to encourage students to think about what would nourish their minds and bodies throughout the provision day, and limit the consumption of more “celebratory” foods (soft drinks, energy drinks, sweets etc) to outside of the provision’s hours.

Food Provided at The Green Room Foundation

All students and staff are offered breakfast, lunch, snacks and drinks throughout the provision day at no charge to them, in order to support this policy. A provision menu is sent out at the beginning of each half term to enable staff and students to make a decision as to whether they would like to eat the provision lunch or bring their own lunch in.

The Green Room understands the need to cater to students' specific preferences in line with their SEN diagnoses and allergies/intolerances.

Expectations of Students

- Support the culture of balanced eating at The Green Room.
- Unless there is a specific reason, to consume food and drinks provided by The Green Room.

Expectations of Catering Staff

- Support the culture of balanced eating at The Green Room.
- Support the culture of Net Zero at The Green Room. This includes limiting meat options to twice per week.
- Provide healthy breakfast and snacks as needed during the provision day.
- Provide lunches cooked from scratch using home grown ingredients if possible
- Provide lunches which consist of all macronutrient groups, as well as meeting micronutrient needs
- Provide appetising lunches to the agreed menu
- Provide food at the correct temperature (even if transported to another site)
- Provide the right quantity at the right time.
- Ensure all kitchens that meet 5* environmental standards at all times

Expectations of Staff

- Reinforce the balanced eating and exercise message throughout the provision day.
- Explain policy to students individually.
- When they can, consume food and drinks provided by The Green Room to lead by example.

Role of Parents

A balanced eating policy is something that will not work without the support and engagement of our parents/carers, thus we have expectations here too.

Expectations of Parents/Carer

- Ensure students come into the provision having consumed a well balanced breakfast.
- Encourage students to consume food and drinks provided by The Green Room rather than food brought in from home wherever possible.
- If a student can't/won't consume food and drinks provided, they will send their young person to the provision with a balanced lunch to keep them nourished throughout the day.
- To support our balanced eating policy to avoid conflict or mixed messages.

Serving Food During a Pandemic or other similar situation

Due to COVID-19 restrictions, new measures have been put into place regarding how food is served in the provision. All standard food hygiene measures are being continuously met, in addition to the following:

- All students and staff are required to sanitise their hands before being given their lunch.
- At GRW students and staff members are putting their used crockery and cutlery straight in to the dishwasher themselves to avoid cross contamination
- At GRK students and staff members put dirty plates straight into a tub of hot soapy water

This policy is approved by the CEO of The Green Room Foundation

Date

CEO
