

# FREE SCHOOL MEALS POLICY

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*Policy Document SP-19*

# RISE LEARNING ZONE

## FREE SCHOOL MEALS POLICY

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### **INTRODUCTION**

We will provide a nutritional lunch to every young person on the Free School Meals register. Where possible, we will also make it available to all pre 16 learners, without a charge.

All food provided by RISE meets national nutritional standards. We ensure that young people are provided with a healthy, balanced diet. The national nutritional standards require the following,

- At least two portions of fruit and vegetables with every meal
- High quality meat, poultry or oily fish regularly available
- Bread, other cereals, potatoes regularly available

### **AIMS**

We aim to,

- Improve the health of young people, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a health and environmentally sustainable diet.
- Ensure the young people are well nourished at RISE, and that every young person has access to safe, nutritious food, and safe, easily available water supply during the school day.
- Ensure that the food provision reflects the ethical and medical requirements of staff and young people ie, religious, ethnic, vegetarian, medical and allergenic needs.

- Make the provision and consumption of a food an enjoyable and safe experience.
- Introduce and promote practices within RISE to reinforce these aims, and to remove or discourage practices that negate them.