

ST BEDE'S COLLEGE BOARDING HOUSE

Food and Nutrition Policy



St Bede's College Boarding School strives to provide food options to boarders that are healthy, nutritious, wholesome and appealing. We encourage healthy food choices and educate our boarders to develop and maintain healthy food relationships. We source fresh, seasonal, local produce and prepare most items in-house in our catering kitchen. We change our menu options weekly, to provide a variety of options. We acknowledge fuelling young bodies can be challenging and constantly realign our options to ensure food trends are relevant whilst providing a sound nutrition base. We believe that good food and nutrition is a fundamental basis for growing minds.

This policy outlines the strategies and procedures that guide our mission statement for the boarding house, where food and meals are prepared in-house by our catering team.

SECTION A – Food and Nutrition

Through the Hospitality Manager:

1. The college will ensure that the food practices align with the New Zealand Ministry of Health guidelines.
2. The college will ensure that healthy and balanced food choices are encouraged.
3. The college will minimise processed and refined sugar foods, where possible.
4. Fresh fruit, low sugar natural juice, fresh filtered water, milk and tea will be available throughout the day.
5. Low fat/sugar cereals will be available for breakfast, along with wholegrain breads.
6. Plant based/alternative milks will be available at all meal times.
7. Ensure that students and whanau have the opportunity to provide feedback and suggestions regarding food provisions.

SECTION B – Health and safety

1. The catering staff will at all times adhere to a strict and thorough food safety programme, ensuring high levels of hygiene and food handling practises are followed.
2. All staff will be trained in all areas of food safety and hygiene.
3. The college food control plan will be maintained daily, ensuring all food is stored, prepared, cooked and cooled in line with MPI guidelines.
4. Kitchen equipment maintenance and repair schedules will be regularly reviewed.

October 2023 **Date of Review:** November 2024

Signed: