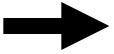


Trinity School Nutritional Policy





This Nutrition Policy offers an informative guide to any parents with children and is also a practical working document for the implementation of our School Nutrition and Health Policy of food and the relating issues that concern us all.



You can use the black arrow keys in the corner of the pages to turn the pages at your leisure or click on any of the links within the pages to jump straight to the relevant topic. The next page is the contents page where you will be able to return to from anywhere in the document.



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Forward by Tim Waters



We hear much talk in the media these days about upholding the best “traditional” family values. Healthy school food is an essential building block for a family orientated community such as Trinity School. One of these key values is learning the central importance of food. Eating well, eating together and sharing food is an essential integrated part of our well being and health education. With pupils coming from all over the world, we aim to ensure that all our food is varied and interesting, appealing to all backgrounds. It means that our pupils are able to acquaint themselves with a wider range of foods preparing them for life in today’s modern world.

Many people have negative memories of school food. Preparing food for hundreds of pupils makes it difficult to produce food that is individualised and exactly to the taste of everyone, as one might get at home. The in house Trinity Catering team pursue a level of Catering that brings out the “home cooked” quality so often lost in today’s commercialism and this, we hope, will give pupils positive memories of their mealtimes at our school. Staff, pupils, parents and governors all work closely together to find ways of ensuring that our catering continues to improve and therefore, always excels its clientele’s demanding expectations.

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Food Food Food



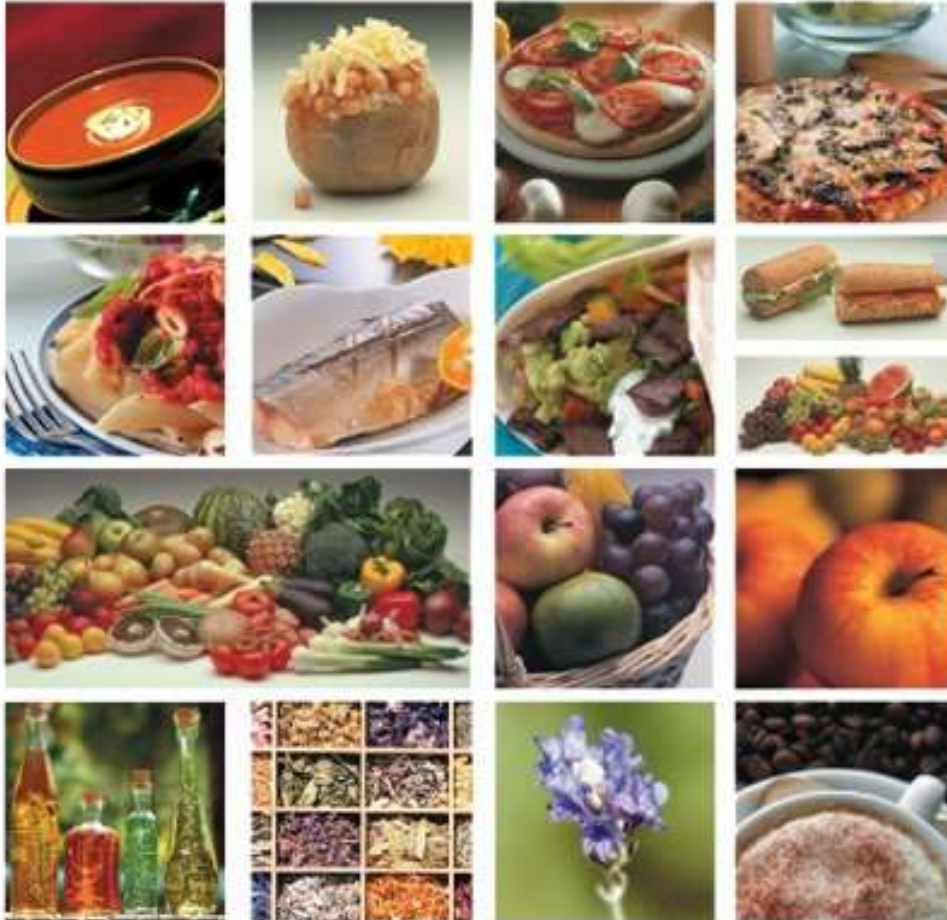
An informed choice

An educated decision

Guidance where necessary

But most importantly.....

Healthy Eating for Healthy Children



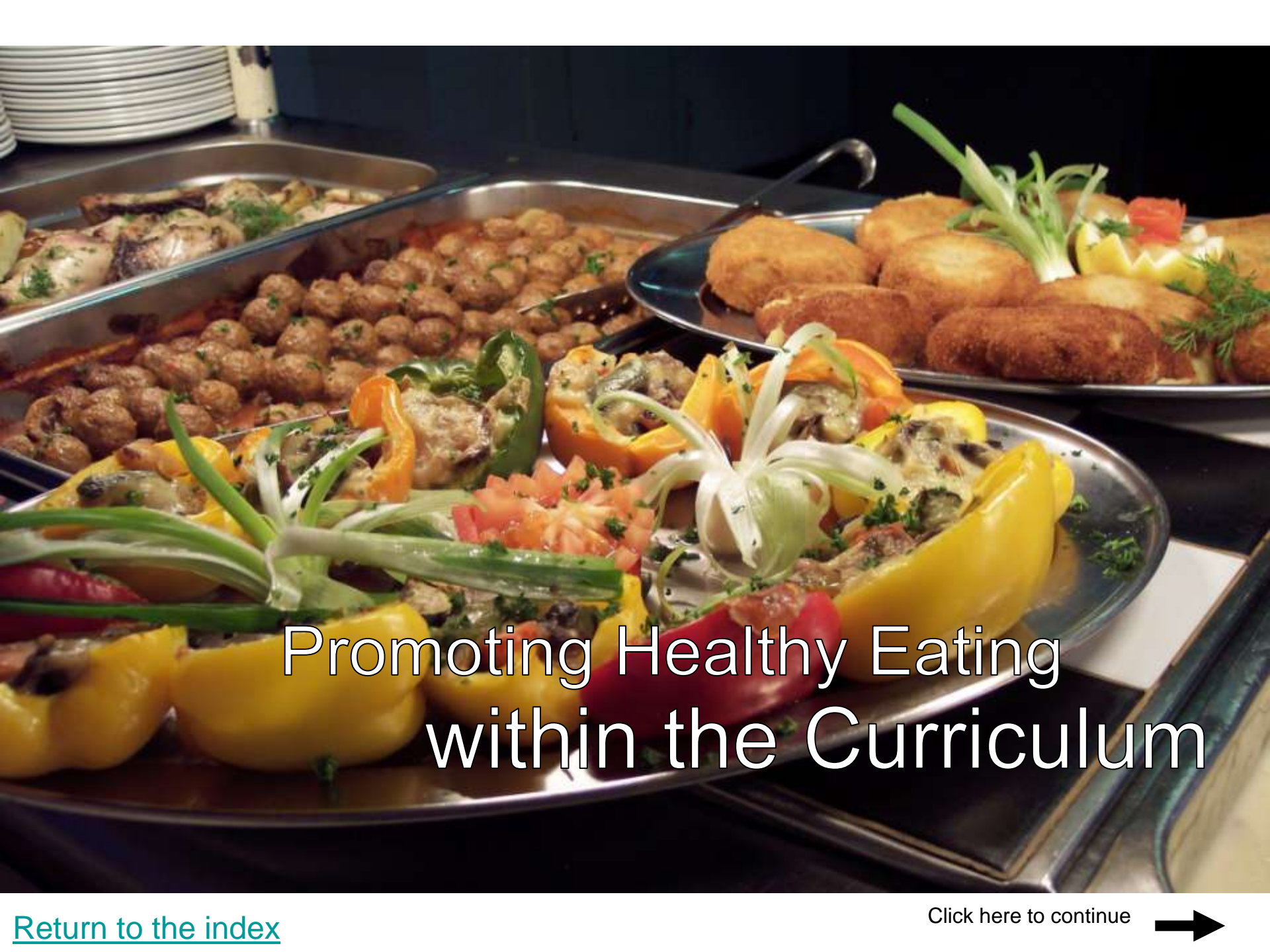


Striking the Balance of Good Health



Trinity School welcomes the Government's introduction of new nutritional standards. We have always placed great emphasis on the importance of healthy eating and recognise that healthy eating at School and in the home environment is an essential part of growing children's lives. We offer an informed, educated choice of foods, giving guidance and confidence to children enabling them choose the best combination of foods suitable for their individual particular needs. We aim to set ourselves above the rest by establishing a positive association between food, health and education. We believe that part of our role as caterers is to assist in informing, encouraging and providing the opportunities for children to enjoy their school meal times develop good eating habits and lay the foundations for their future health.

Stephen Rowe, Catering Manager



Promoting Healthy Eating within the Curriculum

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Promoting Healthy Eating

Our Head Chef and Senior Supervisor

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Food Safety is
always
paramount.

Here we can see
H.A.C.C.P. food
safety monitoring
and auditing
procedures
taking place.





The overall aim of our
Nutrition and Health Policy
is to ensure a balanced diet that encourages the
consumption of.....

LESS fat, sugar and salty foods

MORE fruit & Vegetables

MORE organic ingredients

LESS additive enriched foods

LESS processed foods

PLENTY of fresh water



Promoting Healthy Eating within the Curriculum

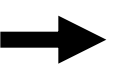


At Trinity we believe that we must not only provide a healthier balance of menu items, but we also need to encourage the children to eat a more varied and balanced diet. We do this through education starting in the classroom, information within the dining areas and promotional activities.

The National Curriculum dictates that further development takes place in Key Stage 3 as pupils study the use their growing bodies make of different nutrients and the problems that may result when deficiencies occur. A variety of subject areas deliver this material, including Science, Food Technology and P.S.M.E.

As all pupils study GCSE Science, there are further opportunities to deepen an understanding of nutritional matters during Key Stage 4 and pupils taking Biology at A level are able to look at biochemical aspects of nutrition, in addition to the links between diets and major

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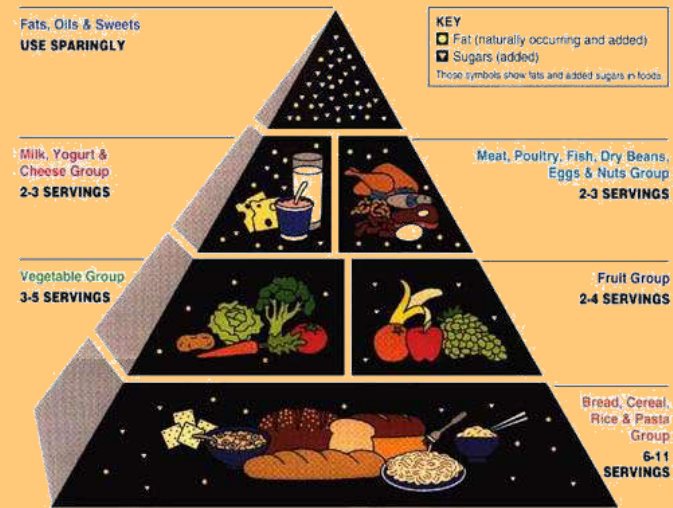


Every effort is made to offer a range of foods in an attractive and appetising way. Promotional activities include healthy eating initiatives with “Healthy Heroes” a group of characters, based on the five food groups, which introduce younger children to the concept of choosing foods from all of the food groups, to provide a healthier balanced meal.

Free Fruit days encourage junior pupils to experience new tastes and different fruits. Vegetarian, traditional and regional meals, along with regular Theme Days, all play a part in the varied choices available to pupils, each prepared using the best ingredients and with the minimum of destruction of essential vitamins. Our new Baguette Barn facility offers the choice of pasta and sauces, baked potatoes with fillings and home baked baguettes every day







Healthy Eating



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Both Trinity School's Nutrition & Health Policy and the Government's Guidelines are based upon The Balance of Good Health.

The Balance of Good Health shows the types and proportions of food that should make up a healthy and balanced diet.

These standards are an extension of our current good working practices. To ensure this balance, foods from each of the following groups are included within the daily menu offer.

Striking The Balance

Bread, cereals and potatoes,

Fruit & Vegetables

Milk & Dairy Foods

Meat Fish & Protein Alternatives

Moderate amounts of foods containing fat & sugar

We have also included in Beverages our policy





We promote Healthy Eating with the use of simple a traffic light system, associating colours with foods and food groups. The children respond well to food associations throughout the preparatory years and have a good understanding of the building blocks for healthy eating when they reach senior School. Healthy eating is important for everyone, especially children, to ensure that they receive all the nutrients they need to grow and develop.

Eating well and being physically active will improve your children's health as well as their ability to learn and achieve at school. Encouraging your children to eat healthily now will make them more likely to adopt a healthy lifestyle as they get older.



The Informed Choice



We identify the foods we serve with a traffic light system, both on the menus and on the food service counters. The simple association with colours makes it easy for children to learn about which foods are healthier and which foods should be eaten with caution.

•



Promoting Healthy Eating

Eat as much fruit as you like, every day

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Click here to continue





The Informed Choice

- If you see a **Red light** displayed by the food, you know the food is high in something we should be trying to cut down on. It's fine to have the food occasionally, or as a treat, but try to keep an eye on how often you choose these foods, or try eating them in smaller amounts.

If you see **Amber**, you know this is an acceptable choice when eaten as part of a balanced diet. High levels of salt, sugar and saturated fats are not usually found in these foods and provided the quantities you eat are not excessive then the items in this group will provide a good framework for your healthy balanced diet

Green means the food is a healthier choice. They are good sources of nutrients and low in sugar, salt and saturated fats. You can generally eat lots of these foods.

- But remember, it's all about getting the overall balance of your diet right.

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An Informed Choice

Technical Specification

- **Green Foods and Drinks**
- Foods and drinks classified as Green are the healthiest choices. They are excellent sources of important nutrients needed for health and well being, and low in saturated fat, added sugar and salt, and are lower in energy density.
- **Can be eaten every day or at every meal.**
- For nutritional guidance foods in this group *generally* contain
- **Sugar** <5g /100g
- **Salt** <.3g /100g
- **Saturated Fats** <1.5g / 100g

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An Informed Choice

Technical Specification

- **Amber Foods and Drinks**
- Foods and drinks classified as Amber and are an acceptable choice as part of a balanced diet. They have some nutritional value but contain moderate levels of saturated fat, added sugar and salt and can, in large quantities, contribute to excess energy intake.
- **Can be eaten as part of a balanced diet**
- For nutritional guidance foods in this group *generally* contain
- **Sugar** >5g—15g </ 100g
- **Salt** >.3g—1.5g</ 100g
- **Saturated Fats** >1.5g—5g</ 100g



An Informed Choice

Technical Specification

- **Red Foods and Drinks**
- Foods and drinks classified as Red are energy dense and may be nutrient poor foods and drinks that are high in saturated fat, sugar and/or salt. They can contribute to excess energy intake if consumed in large amounts or on a frequent basis.
- **Should only be eaten occasionally.**
- For nutritional guidance foods in this group *generally* contain
- **Sugar** >15g / 100g
- **Salt** >1.5g / 100g
- **Saturated Fats** >5g / 100g
-
- *Italic Items*, shown in black on the menu, are content variable items and are given a colour rating on the day depending on the composition and ingredients used.
- The traffic light system used at Trinity may not reflect the same category values as other food based establishments, for example Sainsburys.



Promoting Healthy Eating
Eat as much fruit as you like, every day

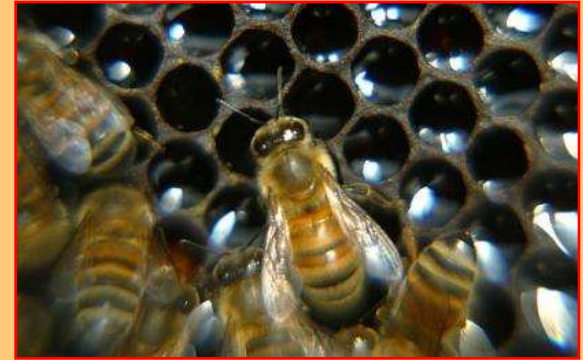




Organics

“Produced or involving production without the use of chemical fertilisers, pesticides etc.”

There has been much media coverage of the issues relating to organic foods and organic food production. Although there is no direct evidence to suggest that an organic diet is a healthier diet, it is logical to assume that foods produced with fewer additives and commercial fertilisers are less harmful to high risk groups of people such as developing children, the elderly and the unwell, we therefore use them as much as possible.



Trinity Schools policy is

To use organic produce wherever financially possible.

To replace refined products with unrefined equivalents where available.

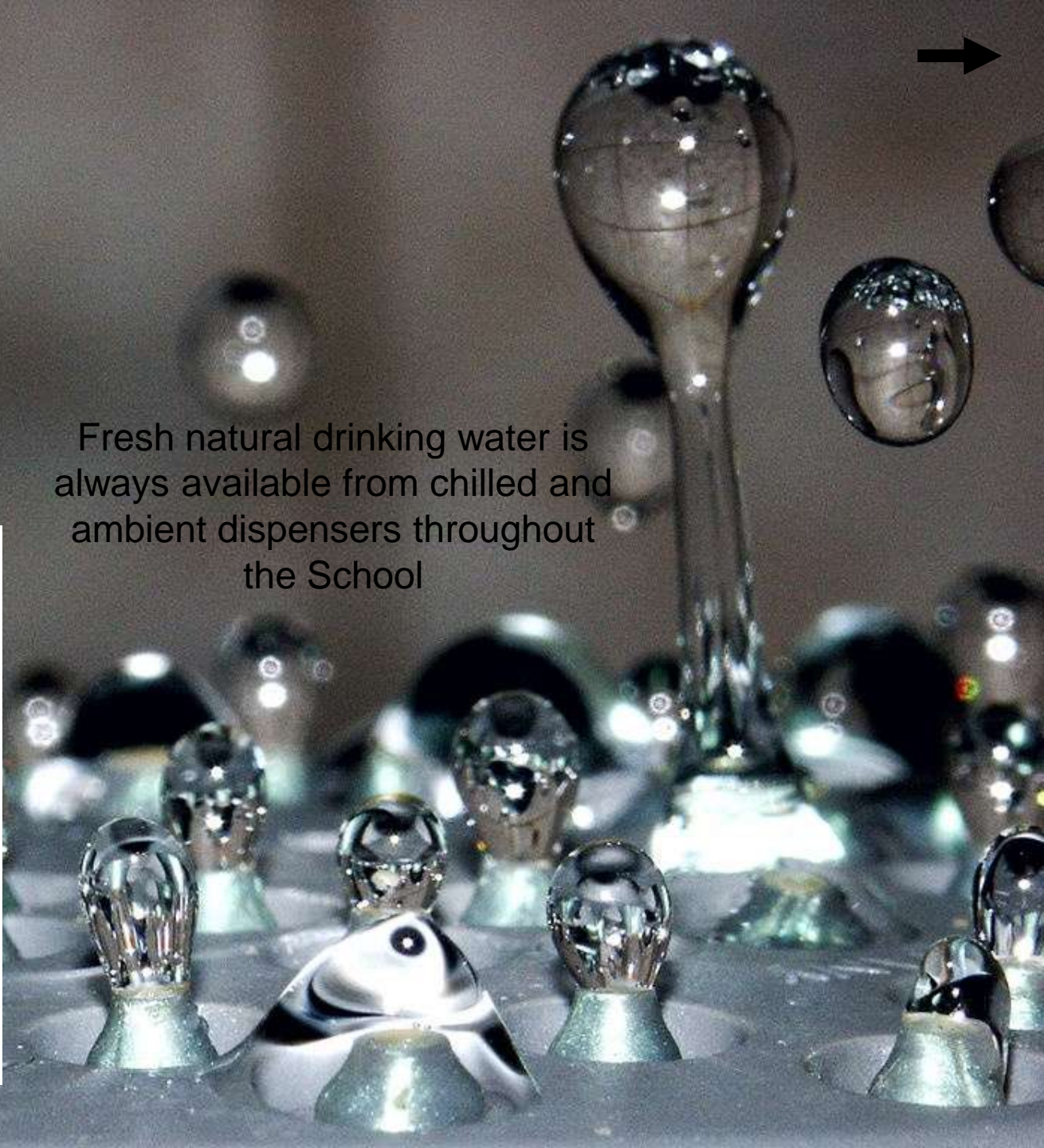
To offer a range of organic honeys, jams and fruit spreads at breakfast as well as organic lentils, beans and pulses which are used in preparation throughout the food service. Our organic suppliers, the Essential Trading Co-operative, promote fair trade and offer a wide range of additive free products.



Essential
TRADING CO-OPERATIVE LTD



Fresh natural drinking water is
always available from chilled and
ambient dispensers throughout
the School



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- 
- **Drinks**
- Drinking plenty of fluid is essential for good health. A wide variety of drinks are available but we encourage unsweetened or low sugar products which are less harmful to teeth.
 - **Trinity Schools Policy is to provide the following**
 - Drinking water at all meal times
 - Unsweetened or low sugar alternatives of soft drinks are available where soft drinks are served
 - **Caffeinated drinks are avoided**
 - **Special Dietary Considerations**
 - We will ensure, wherever possible, within the restrictions of our operating environment, to provide appropriate foods for pupils who have special dietary needs either because of medical diagnosis or cultural beliefs
 - The School's Registered General Nurse is available to give advice, guidance and support to staff, parents & pupils on medically diagnosed restrictions. The School uses a State Registered Dietician to give advice on special diets including inborn errors of metabolism, coeliacs, eating problems and allergy diets.





Remember !

Enjoy your food

Drink plenty of water

Eat a variety of foods,

from all the food groups, each day

Don't skip meals

Eat at least 5 portions of fruit & vegetables
every day



Delivering the Policy

This document sets out our approach to the Schools Nutrition & Health Policy however, we are very much aware that its success lies in its implementation and operation.

We invest at a management level to ensure that the policy is adhered to and our performance is quantified and monitored effectively. Trinity provides guidance and training to all our catering staff on good practice in the preparation and cooking of foods to support the balance of good health.

These techniques aim to minimise the fat content of the meal i.e. trimming, oven baking, grilling, and to reduce the sugar content by using natural sweeteners in foods.

We also teach the importance of using cooking and service methods that lead to the minimal destruction of nutrients for example vitamin C in vegetables

Good menu planning can help to ensure a balanced meal. Our Head Chef has guidance on how to achieve the balance of good health through appropriate menu planning for each meal. This not only reflects nutritional consideration, but also the likes and dislikes of the children. These skills can then be actively implemented to work towards encouraging the children in their dietary selection.



Supplier Vetting and Auditing

Trinity School has a rigorous and thorough supplier audit procedure that ensures quality, consistency and safety of products. All suppliers must satisfy our External Audit criteria and are inspected at least once a year to ensure that their Hazard Analysis & Critical Control Point procedures and Safety Standards are adhered to. The Audit covers primary issues of due diligence and product history as well as environmental and ethical criteria. Companies wishing to tender for the supply of goods can find further details and Audit Documentation by contacting the Catering Office.





Monitoring & Evaluation

An ongoing programme of research and evaluation seeks both management and parental opinions of the food and service we provide. Menus are available by request from the Catering Office or can be located on the School web site. We continually monitor the menu within the School for its balance and content. Our menus are reviewed twice a year and analysed for content and balance by a Nutritionist. Detailed nutritional analysis of menu content is available through our resource management facilities.

[Trinity School Catering & Menus Web Site](#)





References

The Scientific Advisory Committee on Nutrition (S.A.C.N.).

Forms the basis of these standards

The Caroline Walker Trust Guidelines

Provides figures for recommended nutrient content for School meals

[Caroline Walker Trust Guidelines](#)

Healthy School Lunches

Guidance for School Caterers on Implementing the National Nutritional Guidelines (DFEE 316/2000)

Dietary Reference Values for Food Energy & Nutrients for the United Kingdom (NMDO 1991)

Food and Nutrition Information Centre

Dietary Reference Intakes (DRI)

Recommended Dietary Allowances (RDA)

[Nutritional Recommended Guidelines](#)



Some of Our Valued Suppliers

Dairy Crest for organic milk, yoghurt and dairy products

Steers for locally grown fruit and vegetables

Gibbons & Orsmans for fresh meats

Essential Trading Co-operative for organic and ethically sound ingredients





J&A Gibbins

DEVON'S QUALITY CATERING BUTCHER

In 1860 a young farmer saw a niche market to deliver meat and poultry to local people and businesses with his pony and trap. He struck a deal with the Jack in the Green pub in Rockbere, Broadclyst, to use their facilities to prepare his own local products.

Some one hundred and forty years on the business has moved to a multi million pound purpose built, state of the art production plant in Pinhoe, Exeter, with a fleet of modern refrigerated vehicles.

With a client base as demanding as Trinity School, Blundell's and Stover; food safety and quality control are of paramount importance.

The Auditing system and Hazard Analysis programme working alongside Quality Control procedures ensures our delivered products are of the very best quality.

All of J&A Gibbins products come fully traceable, with the West Country Gold range selected only from suppliers the southwest region.

The Directors of J&A Gibbins sincerely hope that all who eat their quality fresh meat, poultry, game and delicatessen products are happy to do so and are healthy because of it.

For further information please contact Customer Services on
01392 204898



Suppliers of Quality Local Grown Produce and International Exotic Fruit & Vegetables.

Steers, locally known for its outstanding quality and customer service, have been in the fresh vegetable industry for over 40 years. Our key accounts for our expanding business include Stover & Trinity Schools, Hayes, Oakland's and Teign Schools. We use a network of local approved and audited growers. Our suppliers contribute towards organic and minimum additive growing policies. The Westcountry Growers Association supports their growing methods and food policies compatible to many of our key account requirements and we incorporate an ethical and environmentally friendly policy on purchasing.



We operate strict controls on quality, traceability, hazard analysis and food safety issues that are important to ensure that only the best quality products reach our clients. Our distribution network supplies a client base from the sea to the moors.

*For further information please contact
Keith Steer, Managing Director, on 01626 832848*



Primary schools: all pupils

These guidelines provide figures for the recommended nutrient content of an average school meal provided for children over a one-week period. In practical terms this is the total amount of food provided, divided by the number of children eating it, averaged over a week.

	ENERGY	FAT	SATURATED FATTY ACIDS	CARBO-HYDRATE	NME SUGARS	NSP	PROTEIN	IRON	CALCIUM	VIT A (retinol equivalents)	FOLATE	VIT C
	30% of EAR	Not more than 35% of food energy*	Not more than 11% of food energy*	Not less than 50% of food energy*	Not more than 11% of food energy*	Not less than 30% of Calculated Reference Value**	Not less than 30% of RNI	Not less than 40% of RNI	Not less than 35% of RNI	Not less than 30% of RNI	Not less than 40% of RNI	Not less than 35% of RNI
		Max *	Max *	Min	Max *	Min	Min	Min	Min	Min	Min	Min
	MJ/kcal	g	g	g	g	g	g	mg	mg	micro-grams	micro-grams	Mg
INFANTS 5-6 years	2.04 MJ 489 kcal	19.0	6.0	65.2	14.3	3.9	5.9	2.4	158	150	40	11
JUNIORS 7-10 years	2.33 MJ 557 kcal	21.7	6.8	74.3	16.3	4.5	8.5	3.5	193	150	60	11

Middle and upper schools: all pupils

	ENERGY	FAT	SATURATED FATTY ACIDS	CARBO-HYDRATE	NME SUGARS	NSP	PROTEIN	IRON	CALCIUM	VIT A (retinol equivalents)	FOLATE	VIT C
	30% of EAR	Not more than 35% of food energy*	Not more than 11% of food energy*	Not less than 50% of food energy*	Not more than 11% of food energy*	Not less than 30% of Calculated Reference Value**	Not less than 30% of RNI	Not less than 40% of RNI	Not less than 35% of RNI	Not less than 30% of RNI	Not less than 40% of RNI	Not less than 35% of RNI
		Max *	Max *	Min	Max *	Min	Min	Min	Min	Min	Min	Min
	MJ/kcal	g	g	g	g	g	g	mg	mg	micro-grams	micro-grams	mg
MIDDLE 9-13 years	2.46 MJ 589 kcal	22.9	7.2	78.5	17.3	4.7	10.9	4.9	267	168	72	12
UPPER 14-18 years	2.85 MJ 682 kcal	26.5	8.3	90.9	18.0	5.5	14.1	5.9	350	189	80	13

Secondary schools: all pupils

	ENERGY	FAT	SATURATED FATTY ACIDS	CARBO-HYDRATE	NME SUGARS	NSP	PROTEIN	IRON	CALCIUM	VIT A (retinol equivalents)	FOLATE	VIT C
	30% of EAR	Not more than 35% of food energy*	Not more than 11% of food energy*	Not less than 50% of food energy*	Not more than 11% of food energy*	Not less than 30% of Calculated Reference Value**	Not less than 30% of RNI	Not less than 40% of RNI	Not less than 35% of RNI	Not less than 30% of RNI	Not less than 40% of RNI	Not less than 35% of RNI
		Max *	Max *	Min	Max *	Min	Min	Min	Min	Min	Min	Min
	MJ/kcal	g	g	g	g	g	g	mg	mg	micro-grams	micro-grams	Mg
SECONDARY (not including sixth form 11-16 years)	2.65 MJ 634 kcal	24.7	7.7	84.5	18.0	5.1	13.0	5.9	350	183	80	11
SIXTH FORM ONLY 17-18 years ***	3.05 MJ 730kcal	28.4	8.9	97.3	18.0	5.9	15.0	5.9	350	195	80	14
ALL SECONDARY (including sixth form) 11-18 years	270 MJ 649kcal	25.1	7.9	86.1	18.0	5.2	13.3	5.9	350	185	80	13

Sodium should be reduced in catering practice.

* As there is no absolute requirement for sugars or fats (except essential fatty acids), these values represent a maximum.

** The Dietary Reference value for non-starch polysaccharides is 18g for adults, and children should eat proportionately less, based on their lower body size. For pragmatic reasons, this has been calculated for these guidelines as a percentage of the energy recommendation, to give the Calculated Reference Value. The calculated NSP guideline is 6g per 1,000 kcal.

*** For sixth forms, the values presented here may be slightly too low, particularly for energy. However, this is only of the order of 3-5% below what the value should be. This is due to the fact that the DRVs are presented for wider age bands including younger children, namely 15-18 year olds.

Abbreviations: DRV Dietary Reference Value, EAR Estimated Average Requirement, NME SUGARS Non-milk extrinsic sugars, NSP Non-starch polysaccharides, RNI Reference Nutrient Intake



- Packed Lunch

- I/WeThe Parents of
.....

- Wish to provide packed lunch for the above named child.
- I/We understand that we are responsible for the content, preparation and safe storage of the food
- I/We understand that all food containers including bottles must be clearly named.
- I/We agree to indemnify Trinity School against any 3rd party action that may occur as a result of this request.
- I/We agree not to hold Trinity School liable for any Food Safety issue that may occur as a result of this request.

- Signed by Parent
.....

- Date.....
.....



Credits

The producer of this disk would like to thank all those who assisted in it's making.

Special thanks go to

Donna Hall

for technical assistance

Chris Cullen

for editing advice and cover artwork

And

Craig Cullen

for seamless production