



Wakefield Grammar School Foundation

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Name of Approval Committee Date Approved	Executive committee 31.08.2023 (Full Governing Board)
Date of Next Review (3 yearly)	July 2025 (when contract ends)

VALIDITY – Policies should be accessed via the Foundation intranet to ensure the current version is used.

CHANGE RECORD - REVIEW PERIOD 3 YEARS

Version	Date	Change details
V1.00	Sept 2011	Written, P Roberts
V1.01	Aug 2014	Reviewed, L Perry
V1.02	Feb 2017	Updated, Allergens, P Roberts
V1.03	Feb 2020	Reviewed, P Roberts
V1.04	June 2023	Adopted Holdroyd Howe's policy

To be published on the following:

Staff shared	X	School website	X	ISI Portal	
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Introduction

Holroyd Howe is the catering partner for WGSF for 3 years (with the options a further 2 years) from 1st August 2022 to 31st July 2025.

WGSF have adopted Holroyd Howe's Food and Nutrition Policy below:

Holroyd Howe, Food and Nutrition Policy

As specialist school caterers, we genuinely care about what goes into the food we create. We believe in natural goodness. From sourcing and planning to preparation and cooking, we're committed to providing children and young adults with well-balanced meals that give them the fuel and nutrients they need to learn and grow. Our chefs nurture direct relationships with local suppliers to ensure they have access to the best seasonal produce. We take nutrition seriously and understand the impact a healthy diet has on the fundamental years of development. Meals are always freshly prepared from scratch and packed with nutritious ingredients. And to offer a truly bespoke service, we understand creativity must come first. Our chefs have the freedom to create their own vibrant menus made up of classic and innovative dishes as well as authentic international cuisines.

Our nutrition team have developed Holroyd Howe Nutrition Guidelines which go above and beyond the 'UK School Healthy Eating Standards' and are constantly updated to reflect new nutrition legislation. We like to focus on nutrients, not numbers. Our menus are carefully developed to ensure that each age group receives a nutritious food offer to match their individual requirements. We are constantly looking for ways to put health at the core of our food offer. This includes creating desserts boosted with vegetables to increase vitamin and mineral intake, promoting the 'Power Plate' to enhance nutrition choices or to provide 1-1 nutritional support on specialised diets. No matter the dietary preference, allergy, intolerance or otherwise, individuals can be guaranteed their provision is not affected. We have robust policies and procedures in place to ensure that your child's meals are carefully prepared and served.

To highlight the importance of nutrition, our work expands to our wider teams. Each year, our chefs receive nutrition training providing them with an accredited nutrition qualification to support their work each day and form our nutritionally balanced menu cycles.

We offer a wide variety of health, wellbeing and sports nutrition programmes that educate students on all things food and nutrition. From 'Taste the Rainbow' to 'Gut Health'; our nutrition experts take pupils on a nutrition journey, giving them a new sense of understanding about the impact of food on our bodies. We actively encourage pupils to try new foods and run 'Food & Mood' focused education sessions, as well as working closely with pastoral teams on eating disorder awareness. This highlights to pupils and staff that no foods are off-limits and when factored into a healthy balanced diet, every nutrient has a place.

Molly Wisbey AfN, SENr, FHEA
Lead Food and Sports Nutritionist