

ISS Education – Healthy Eating Policy Statement

In July 2013 the Department for Education (DfE) published the School Food Plan (SFP)¹ which sets out actions to transform what children and young people eat in schools and how they learn about food. As part of the SFP, a new set of standards (built on a nutritional framework) for all food served in schools has been published and came into force 1st January 2015.² The plan is about:

- Good food.
- Happiness.
- Pleasures of growing, cooking and eating proper food.
- Improving academic performance, and
- The health of the nation.

The revised set of mandatory food-based standards and portion sizes for school meals ensures tasty and nutritious meals are provided at all times. As a result of this, meals consumed by children and young people at school will not only be nutritious, providing a balanced diet (in line with the Eatwell Guide³) but it will also help to embed healthy attitudes and social practices towards food consumed and mealtimes, whilst simultaneously learning about production, environment and sustainability. This means health and wellbeing of children and young people can be promoted within a whole school approach framework.

ISS Education believes in and supports the ethos that developing a healthy diet and good eating habits early on will lay the foundations for future health; healthy minds require quality diets to thrive. ISS Education fully supports, and has been actively involved, with the SFP and goes that extra mile to create tasty and wholesome menus supported by flawless service, which make food both fun and relevant. ISS Education feels passionate about delivering outstanding service to its customers.

ISS Education are committed to adhering to the Healthier Catering Guidance for Different Types of Business which provides advice on healthier catering practices when procuring, preparing, cooking, serving and promoting food.⁴ This information, is used alongside the Government Buying Standards for Food and Catering, provide a basis for developing healthy catering frameworks.⁵ ISS Education are committed to following these guidelines whilst continually working to improve the nutrition profile of products within the business to 2020 and beyond. This good practice will reduce the calories provided by fat and sugar in recipes and also reduce salt content of recipes and hence, meals served. ISS Education is dedicated to following the Government strategy, based on SACN's recommendations, to reduce the total sugar⁶ content of appropriate recipes, actively used within the business, by 20% by 2020.

¹ The School Food Plan <http://www.schoolfoodplan.com/>

² School Food Standards <http://www.schoolfoodplan.com/standards/>

³ Public Health England (2016) 'The Eatwell Guide: Helping you to eat a healthy, balanced diet.'

⁴ Public Health England (2017) 'Healthier Catering Guidance for Different Types of Businesses: Tips on providing and promoting healthier food and drink for children and families.'

⁵ Department for Environment, Farming and Rural Affairs (DEFRA) (2014) 'Statutory guidance Sustainable procurement: the GBS for food and catering services.'

⁶ Total sugar include both those occurring naturally in food and 'free sugars'. The vast majority of sugars included in the total sugars figure, however, and present in the products covered by the sugar reduction programme, are added sugars and not those that are naturally occurring. The main aim of the programme is to reduce levels of added sugars in foods, and to maintain current levels of whole fruit (and vegetables) in relevant products.

The Eatwell Guide

Helping you eat a healthy, balanced diet



Source: Public Health England in collaboration with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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