

# Healthy Eating Policy Statement



## **Mission:-**

*It is Aspens responsibility to improve the health of the community by assisting in the establishment of life-long healthy and sustainable eating habits.*

We accomplish this through food education and skills such as; cooking and growing of food, the creation of healthy recipes and menus, support for curricula links and food education programmes and the promotion of healthy eating and healthy lifestyles in all outlets in which we cater.

- Aspens will work with clients to identify and promote the healthy choices on the menus, ensuring a wide variety of dishes are on offer to provide balance and choice to our customers.
- Cooking methods will be chosen that support our healthy eating objectives, reducing or eliminating those methods (for example deep fat frying) that undermine our mission. Training and support will be provided to on-site staff to ensure that correct production methods are used to maximise the nutritional content of food.
- Locally sourced, fresh fruit, vegetables, meat and dairy goods will be used in all of our establishments, in line with our purchasing policy.
- Where we cater in an educational establishment, we will forge curricula links to support our clients in increasing the awareness of students of healthy eating, and will link our activity in the promotion of healthy eating principals to the aims and objectives of the curriculum.
- Aspens will ensure that our food offer reflects the ethical and medical requirements of all customer groups, including religious, ethnic, vegetarian, medical and allergenic needs.

## **Responsibilities of Management:-**

- To establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to implementation.
- To develop an understanding and ethos within the establishments where we cater of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- To create an environment, physical and social, conducive to the enjoyment of healthy, nutritious food.
- To help to promote and raise awareness of environmentally sustainable food production methods and socially responsible marketing practices.



***Aspens recognise the important connection between a healthy diet and the ability of students and adults to learn effectively and to maintain a good health and sense of wellbeing.***

***We recognise the central role that good food plays in our social and cultural life and that sharing and eating food is an excellent bridge for building friendships and inter-generational bonds.***

