



# **CHECKLIST FOR DIET AND SAFE FOOD PREPARATION FOR STUDENTS IN BOARDING**

*National Minimum Boarding Standards 2022 (Standard 6)*

Reviewed date July 2022

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## **Forward**

This policy is written in alignment with National Minimum Boarding Standards 2022, and Keeping Children Safe in Education 2022 (KCSiE).

Nutritional guideline information is available in the boarding accommodation for all students. This is essential to encourage a healthy balanced diet and is useful for students in boarding who have their meals provided but may choose to snack between meals.

### **15-18 Boarding:**

The catering team prepare nutritionally balanced meals with choice and variety in sufficient quantity to ensure all students are able to eat a hot meal every day. Meals are prepared off-site and transported to the boarding houses each day. Careful consideration and robust checks are in place to ensure the safety, quality and freshness of the food, and to ensure it is preserved appropriately, meeting hygiene legislation.

A stock of other foods are delivered weekly e.g. bread, cheese, ham, eggs, yogurt, fresh fruit, tea, coffee, biscuits. Breakfasts are continental and students help themselves which is overseen by the Houseparent's. The student kitchens are equipped with a microwave and basic equipment, towels, chopping boards etc. for lunch or a snack the students may want to make. Instruction on how to use the equipment are given by the Houseparent's when the student arrives and as required throughout the students stay.

Students are able to cook and prepare meals themselves but, for safety reasons, only under the guidance of the boarding staff, within a specific timeframe and with permission.

Students have access to the kitchens 24/7 where there is always access to fresh water and the ability to make a hot drink. Fruit, bread and other snacks are always available to the students when they want it, although we discourage regular 'midnight snacking.'

Each student is allocated a cupboard in the nearest kitchen to their room and allocated space in the fridge and freezer so that they can store the foods they like.

### **Food Service**

The evening meal is served in the boarding houses by the Houseparents. In order to maintain good hygiene practices, anyone serving food, is required to wear a plastic apron and disposable gloves. If the server has a cold, cough or chest infection they will also be required to wear a face covering.

### **Meeting particular student needs**

Students discuss likes/dislikes with the Houseparent's and/or the Head of House (HoH) and both liaise with the catering manager regarding any specific requests; likes or dislikes, and any dietary requirements which may be religious, allergy related or intolerant of various food types so that any adjustments needed can be made.

Students with allergies or intolerances have meals pre-plated so that they can be protected from cross contamination and given independently of the other food.

Temperature checks are taken before serving any meals to ensure that the food has maintained sufficient heat during transport in the hot boxes. Any foods that don't meet the requirements will be disposed of and an alternative sort. High risk foods, for example shellfish or raw sprouts, are avoided from the menu to protect the students.

### **Student Feedback**

Student feedback is sought every term (although students will speak to a Houseparent, to discuss any food issues as and when they arise). The catering manager, Houseparent's and HoH regularly liaise with each other to check the fridges and larders so that the food stock 'drop off' meets the needs of the students, for example in the winter students may need more milk to make hot chocolate drinks or porridge in the morning.

The menus are published every six weeks and are visible on notice boards so that students know what choices they have for their evening meal. There is always a vegetarian option.

There is a "Boarder's Voice" meeting each term at the boarding houses with the HOH, Houseparent's, Director of Student Services, Independent Listener (IL) and the boarding students. Food is always one of the agenda items and an open (though constructive) discussion is encouraged with all parties regarding food. The IL always has a slot at the end of the meeting to speak with the students without College staff being present, this provides the students with an opportunity to feedback any concerns they may not wish to share with the College staff directly.

The HoH meets with the students in between the termly meetings and any concerns that are raised are fed back to the Vice Principal and catering manager.

Feedback to the students after each meeting is posted on the notice boards in the boarding houses, which provides students with the acknowledgment of their issues or concerns and informs them of the actions that have been taken in response.

### **18+ Independent Residence**

The College's 18+ residence for students at Between Towns Court (BTC) is compiled of three separate clusters within each of which there are six en-suite bedrooms with a shared social/kitchen area. Breakfast is provided but the students buy and cook their own food for dinner/supper, developing skills towards fully independent living. The kitchens are well equipped with cookers, microwaves, food cupboards, fridges/freezers. The residence is managed 24/7 and support is provided to the students as required. The College liaises with BTC regularly so that students are supported where required.

### **CHEKCLIST FOR SAFE FOOD PREPARATION**

Boarding kitchens must have:

1. A hot trolley to store cooked food safely and provide an appropriate serving area.
2. Clean and uncluttered food preparation areas.
3. Safe and up to date equipment (white goods and brown); bowls, cutlery, pans etc.
4. Sink with detergents.
5. Hand washing detergents/worktop cleaners.

6. Hand towels and dish cloths and tea towels, laundered regularly.
7. Eating area with clean and wipeable surface.
8. Cooker/microwave/fridge etc. cleaned and safe
9. Food cupboards/fridges that are cleaned regularly.
10. Out of date food must be disposed of in a timely fashion.
11. First Aid Kit and immediate access to duty staff in an emergency.