



Archbishop Beck Catholic Sports College

Healthy Eating Policy

Reviewed and Approved: January 2018

Renewal Date of Policy: January 2021

Policy Statement

At Archbishop Beck Catholic Sports College, we believe that Healthy eating is essential for good health and contributes to the positive well-being of the individual. We have a moral obligation to safeguard with each other, our customers and the environment by aspiring to operate a safe, injury free and healthy workplace, serving food that is always safe and healthy to eat and to minimise, our impact on the environment.

We believe that the workplace is an important setting in which people can increase their intake of healthy foods to benefit their health and protect against illness. Central to these principles, we believe that a healthy diet is of benefit to our employees and our business. We aim to promote a healthy diet amongst our workforce both through the food and snack options we provide in the workplace and encouragement toward healthy food purchases outside of the working environment.

Although we have no control over the diets of our employee, we hope that the promotion of healthy food choices will have an influence on their lifestyles both inside and outside of work.

Aims

As an organisation we aim:

- To support and encourage employees to make healthy eating choices through the promotion of good diets and through general health education
- To promote our healthy eating policy that raises awareness of the benefits of healthy eating
- To support individuals to improve their diet
- To enable access to healthy options in the workplace

To successfully implement this policy we will:

- Link this policy to other policies that can have a positive impact on health and wellbeing
- Provide educational leaflets and resources on healthy eating
- Regularly review and promote this policy
- Link to local and national campaigns and organisations
- Hold healthy eating promotional events
- Promote 5 A-Day
- Encourage employees to make healthy eating choices through the use of promotional and motivational resources.
- Provide access to water in all meeting and training rooms
- Remove barriers and enable employees to make healthy eating choices
- Encourage employees to eat meals away from their desks