



FOUNDED 1844

# **WESLEY COLLEGE**

## **Hostel Council**

### **FOOD AND NUTRITION POLICY**

#### **RATIONALE**

Regulation 63 of the Education (Hostels) Regulations 2005 requires that arrangements to provide nutritious and safe food and water supply for boarders are in place.

Regulation 57 of the Regulations requires that policies relating to the hostel's operations and the welfare of boarders are reviewed at least once every three years.

Management of the Hostels with Policy-making authority is delegated by the Wesley College Trust Board to the Wesley College Hostel Council.

#### **POLICY STATEMENT**

The Hostel Council is committed to promoting healthy eating, nutrition, and the provision of food that meets the required standard.

Those sections of the Food Act 2014 that apply to Wesley College kitchen will be adhered to.

#### **REPORTING**

- The Hostel Council will monitor the implementation of this policy through the reports of the Director of Business Services to Council meetings.
- The kitchen operations will adhere to the Food Act 2014, Food Control Plan.
- Water quality will be monitored through monthly reports from a water testing agency (currently Aqualab).

#### **GUIDELINES**

1. The Catering Manager will ensure that:
  - a. There is a range of healthy food available, including a choice of salads and/or fruit at selected appropriate meals;
  - b. A vegetarian/vegan meal option is available when this requirements is notified in advance of a meal;
  - c. Menus are constructed following advice from a dietician
  - d. The consumption of foods high in fat, sugar or salt is actively discouraged.
2. Clean water will be available to boarders/students at all times through the drinking water dispensers that are located in the Dining Room and the Hostels and from the drinking fountains located in the College grounds.

3. No carbonated or high sugar/caffeine content drinks will be available from the College Tuck Shop and there will be limited access to high fat food.
4. Drinks and/or food available from a vending machine will be regulated to comply with this policy.

This policy was adopted by the Wesley College Hostel Council on September 2016.

This policy will be reviewed on/before the June Council meeting 2019.

Signed \_\_\_\_\_ *Colin Telford* \_\_\_\_\_

Dated \_\_\_\_\_ 22 September 2016 \_\_\_\_\_