



ANDERIDA ADOLESCENT CARE

HEALTHY FOOD PROCEDURE

Food and mealtimes are an important part of the homely environment in all Anderida homes. In order to ensure good participation, socialisation and education around mealtimes, whilst minimising waste, please adhere to the following:

MEALTIMES

- Follow all the Health & Safety guidelines around food preparation (see Health & Safety policy).
- Undertake thorough stock checks prior to food shopping.
- Young people are allowed to select some healthy items and two treats for the week if they participate in the weekly food shop in some way, this could be to help with the shopping inventory, support the shopping trip, unpack the food once home.
- Attempt to shop ethically, buying fair trade items and, wherever possible, use local independent suppliers (see green ethical policy).
- Mentors will be allocated in handover to prepare/co-ordinate meals.
- Mentors allocated to cook meals will check produce to see what items need to be used to minimise waste.
- Mentors will ensure that, unless indicated otherwise in care plans, breakfast and lunch are provided for young people.
- The dining table is to be used for all meals to ensure maximum socialisation.
- Meals must be healthy and varied – see health policy.
- Young people of a suitable age and level of independence are encouraged to cook and shop for themselves 4 evenings a week – in line with their care plan.
- Young people are to be given guidance and support when shopping and preparing their evening meals.
- For young people who prefer to cook within a group rather than for themselves, mentors can encourage them to do shared meals with them and other young people, all contributing ingredients and participating in the preparation.
- Unless otherwise stated in individual guidelines/care plans, mentors provide two resident meals a week and a takeaway/meal in a local restaurant once a month.
- Every Tuesday will be 'Non Meat Tuesday' the homes will explore all things non meat related and encourage the young people to hold a 'vegan' night.
- Every Wednesday is cultural night and should be facilitated as a mini project, researching relevant foods and ideas associated with the designated country.
- Young people must be encouraged to participate in the preparation and clearing away of every meal when not cooking independently.
- All meals are recorded on the daily recordings and the world food charts.

HEALTH

- Young people will be encouraged to eat a healthy and varied diet.
- Mentors will support young people in researching food in line with their dietary requirements and cultural preferences.
- Mentors will educate the young people on healthy living/the nutritional value of foods.
- Mentors will encourage healthy lifestyles rather than dieting.
- Mentors will encourage young people to have '5 a day' ensuring that there is a variety of fresh fruit and vegetables available.
- Mentors will encourage young people to experiment with 'new' foods.
- Mentors will encourage young people to seek nutritional advice and seek it on their behalf when their diet is not providing all recommended nutrients.
- Light healthy lunches will be provided outside of school days, where a young person attends ALC mentors will prepare a healthy packed lunch prior to handover to be taken with the young person to school.
- Fresh vegetables will form a part of all evening meals.
- Healthier snacks such as smoothies will be encouraged for treats and in place of less healthy breakfast/treat choices.
- Minimal less healthy/processed produce will be agreed when food shopping and 'junk food' will be discouraged and unavailable.
- Takeaways/ meals out will be a monthly treat, and healthier alternatives still encouraged.
- When young people are providing all their own meals, they will be encouraged to do so in accordance with the above.
- Young people will have access to drinking water at all times, through the kitchen during the day and bathroom in homes where the kitchen is locked at night.
- Young people will be offered a drink prior to going to bed.