

Healthy Eating Policy

October 2024



INTRODUCTION

This policy outlines the importance of healthy eating, how UoL Food and Drink is working to ensure healthy options are available for the University of Leicester community and our staff, and to encourage a healthy work-life balance.

1. STATEMENT OF INTENT

UoL Food and Drink is committed to providing easy access for our staff and the University of Leicester community to have healthy food options available across our food outlets, delivered catering and hospitality.

2. PURPOSE

Food is our way of life. We all function better if we eat better, and eating healthier keeps us healthy both physically and mentally. We want to ensure that the whole community at the University of Leicester has access to healthy eating options in all outlets on campus, providing the opportunity for a well-balanced diet, so having a policy in place ensure we adhere to this.

3. WHY SUPPORT HEALTHY EATING?

By increasing the accessibility of healthy eating options on campus, this can increase awareness of healthy eating overall. It plays a key role in determining health as healthy foods give us the right energy to go about our day, take part in recreation, build resilience to stress and are an essential part of our recovery when we are unwell.

4. POLICY AIMS

To provide easy access to healthy food options in all outlets, delivered catering and within our hospitality service, and maintain the statement of intent when opening any new outlets on the University campus.



5. OBJECTIVES

	ACTIONS	RESPONSIBILITY
1	To create menus so that at least half of what is offered is vegetarian.	Section Manager - Food Production
2	Reduce the amount of raw beef produce we serve by 10%.	Section Manager - Food Production
3	Implement and maintain that Shree Krishna Vada Pav (SKVP) is our dedicated vegetarian and vegan food outlet, to provide meat-free options every weekday.	Director of Operations
4	To ensure meat-free alternatives are ordered and available for customers to purchase across all outlets and our delivered catering service - Let's Eat.	Section Manager - Food Production & Retail Managers Section Manager - Retail and Hospitality
5	Implement training for catering staff on healthy eating benefits to encourage customers to make informed decisions.	Section Manager – Outlets, Section Manager - Food Production & Human Resources
6	Maintain chefs training in techniques that promote healthy and sustainable food served in outlets, delivered catering and hospitality service.	Section Manager - Food Production & Human Resources
7	Implement that no main courses on menus are more than 50% of adults recommended daily intake of calories, fat, sugar and salt.	Section Manager - Food Production

6. RESPONSIBILITIES, MONITORING AND REVISION

- The overall responsibility for the implementation of this policy lies with UoL Food and Drink Operation Team.
- Monitoring will be recorded via staff training, menus produced, outlets allergen portals that provides nutritional information and data produced from stock intake and sales.
- Preparation of staff and student digital and print information, promotional materials and events to promote healthy eating is the responsibility of the UoL Food and Drink Marketing Team.
- Staff training is the responsibility of the Operations Manager, Section Managers and HR, but the content of the training to be provided by health professionals.
- Any revisions to be made will be revised and published by the UoL Food and Drink Marketing Team on the advice of the Senior Operations Team.

7. USEFUL LINKS & RESOURCES

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/742750/Eatwell_Guide_booklet_2018v4.pdf
- <https://www.gov.uk/government/news/new-report-shows-further-sugar-reduction-progress-by-food-industry-1>
- <https://www.gov.uk/government/publications/salt-targets-2017-progress-report/salt-targets-2017-progress-report-summary>
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/618167/government_dietary_recommendations.pdf

REVIEW DATE

This policy will be reviewed every three years or as required due to legislation or evidence changes to practice.



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