

Criterion Four

Healthy Eating

College must promote healthy eating and enable its population to access healthy choices.

Performance Indicators

(The following performance indicators have been derived from the responses of 111 students at Huddersfield New College in the summer of 2003. Their suggestions have helped to inform this process).

1. College catering facilities should provide a wide selection of fresh and unprocessed goods alongside others.
2. The range of goods offered should respond to multi-ethnic dietary requirements.
3. Foods of a low-fat, salt and sugar content should be widely available and labelled.
4. Students should be able to access fresh fruit and vegetables within the college catering facilities, in order to meet the "five-a-day" target.
5. Fresh drinking water should be available to all staff and students free of charge.
6. College catering facilities should adhere to a strict standard of hygiene.
7. Healthy vegetarian options should be widely available.
8. College catering facilities should work closely with the Student Union on issues of consultation with students on their provision of healthy options.
9. Vending machines should offer healthy options alongside others. (e.g. fruit juice).
10. Breakfast options should be widely available and varied, including cereals and fresh fruit.

Developmental areas to consider with the Healthy College Consultant

1. Consideration given to improving the dining area environment.
2. Themed weeks or days. (e.g. Pasta Week/Day or Rice Week/Day).
3. Taster sessions for new ideas.

Current Position

Performance Indicators

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2. The range of goods offered should respond to multi-ethnic dietary requirements.
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4. Students should be able to access fresh fruit and vegetables within the college catering facilities, in order to meet the "five-a-day" target.

Current Position

Yes	No	Evidence All evidence listed here must be available for the consultant to see (ie, in file or through visit, etc.)

Current Position

Performance Indicators

5. Fresh drinking water should be available to all staff and students free of charge.

6. College catering facilities should adhere to a strict standard of hygiene.

7. Healthy vegetarian options should be widely available.

Current Position

Yes	No	Evidence All evidence listed here must be available for the consultant to see (ie, in file or through visit, etc.)

Current Position

Performance Indicators

8. College catering facilities should work closely with the Student Union on issues of consultation with students on their provision of healthy options.

9. Vending machines should offer healthy options alongside others. (e.g. fruit juice).

10. Breakfast options should be widely available and varied, including cereals and fresh fruit.

Current Position

Yes	No	Evidence All evidence listed here must be available for the consultant to see (ie, in file or through visit, etc.)

SMART Target Sheet

Issues to be addressed/other developments

Key Tasks	Consultation Required	Lead Personnel	Timescale

Targets agreed with KHCS Consultant

Signature: Date:

Purpose: - To help you identify specific activities beneficial to the college community.
 - To assess how these activities have benefited the college community.

Targets

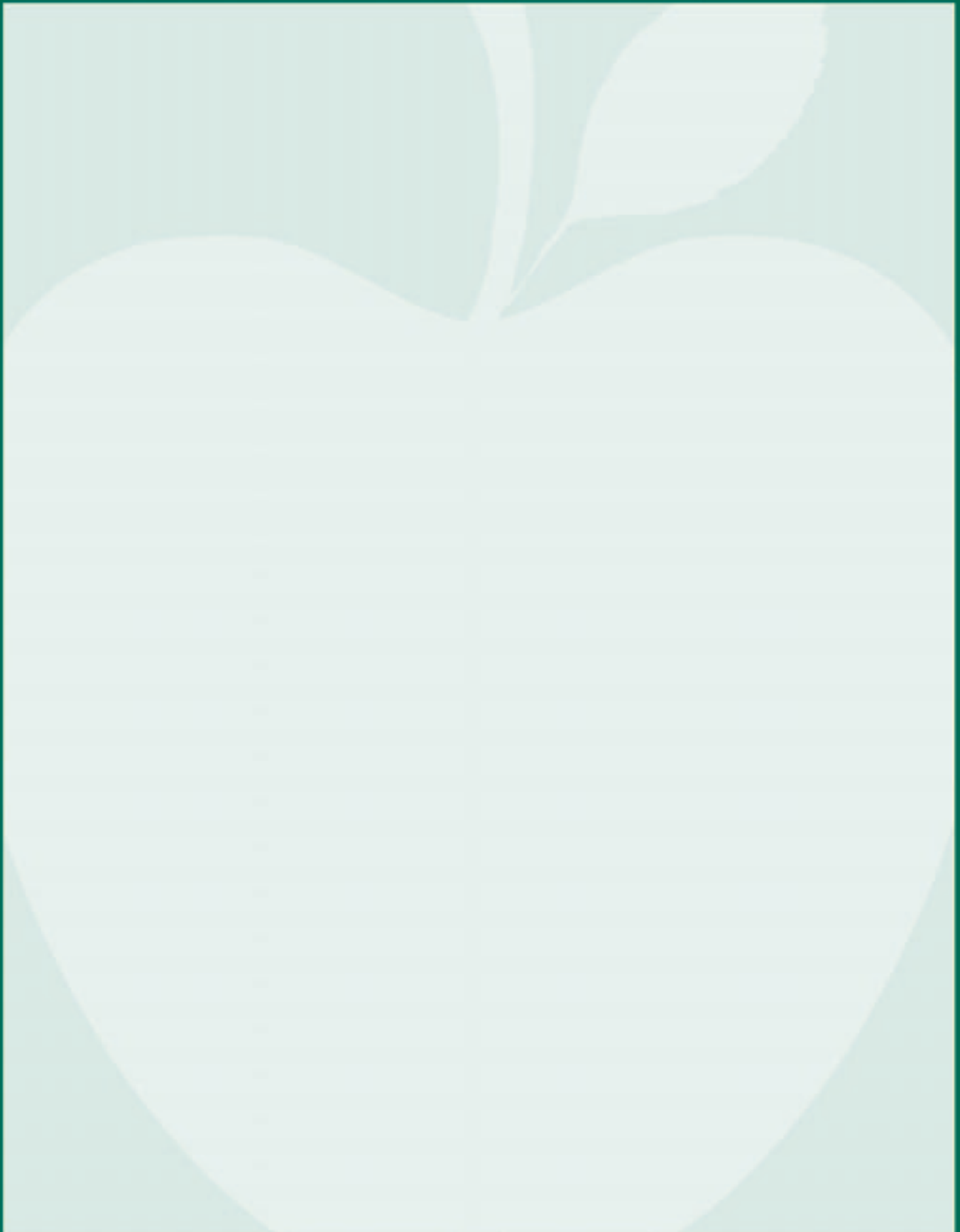
Resources	Evidence of Target Met	Benefits to the College Community (immediate and long term) (Please briefly describe what the benefits and the learning experiences have been from the above activity)

Targets completed

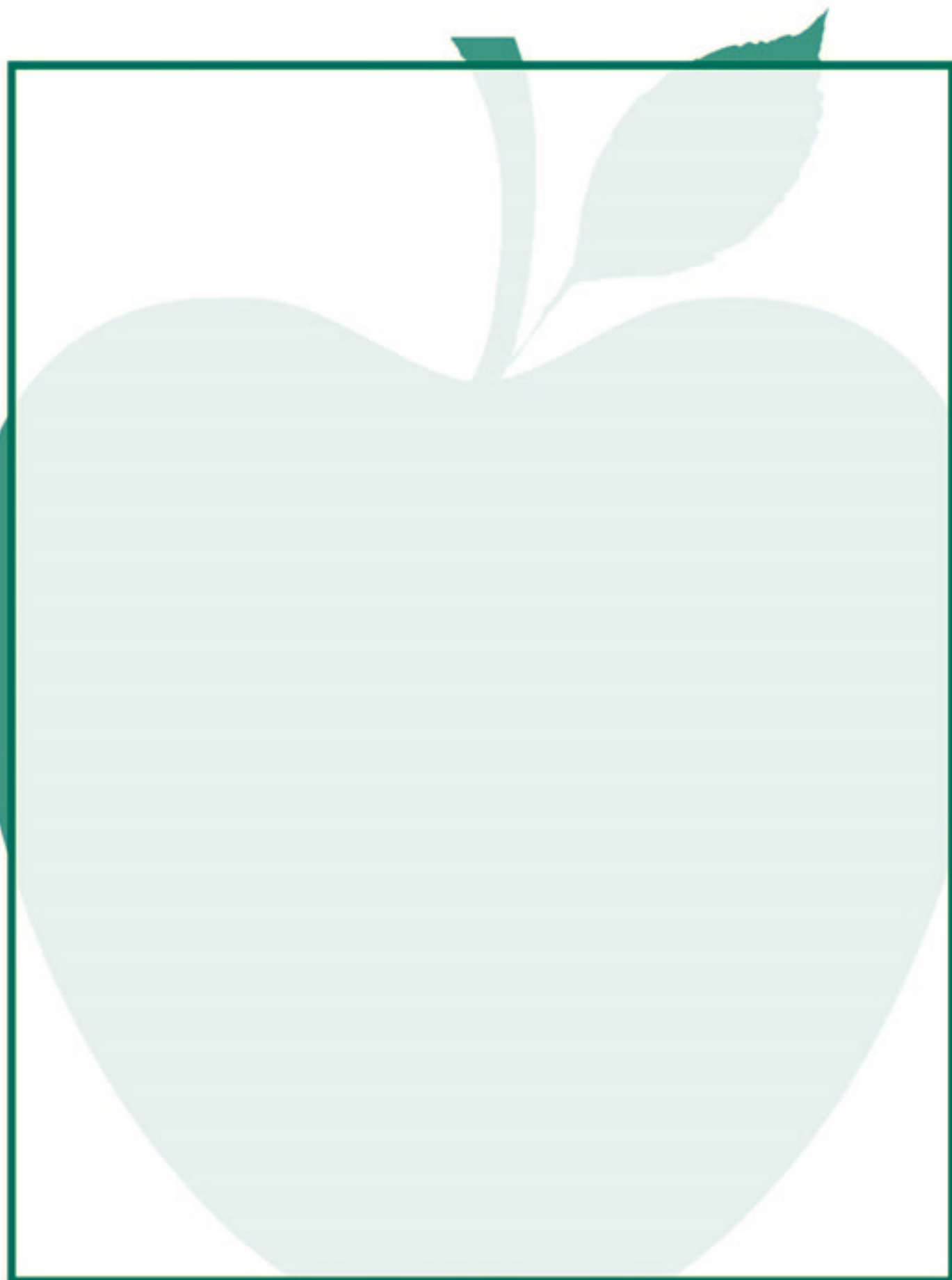
College Signature: Date:

KHCS Consultant Signature: Date:

Notes



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