Whole School Food Policy - June 2018

Purpose
The policy has been formulated following consultation to develop healthy eating and drinking activities that benefit pupils, staff, parents/carers and others associated with the school. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, staff and parents. The policy was formulated through consultation between members of staff, governors, parents/carers, pupils, and will be monitored by members of our pupil School Council and the governing body.

The principles of this policy incorporate those outlined in the School Food Plan http://www.schoolfoodplan.com/

The nutritional principles of this policy are based on the Food Standards Agency ‘Balance of Good Health’ and the School Food Standards http://www.schoolfoodplan.com/standards/

Aims
The main aims of our school food policy are:-

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of the whole school community.

- To ensure that all members of the school community are able to make informed choices and are aware of the importance of healthy food, where food comes from and the need to support sustainable food and farming practices.

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills including food preparation.

- To ensure that the mandatory food based standards are implemented

- To ensure that the school follows the principles laid out in the School Food Plan and encourages the take up of school meals.

- To take a whole school approach to healthy eating to ensure that messages taught in the curriculum are echoed and reinforced by the type of food and drink provided in school.
These aims will be addressed through the following areas:

1. School Food Plan
The School Food Plan [http://www.schoolfoodplan.com/](http://www.schoolfoodplan.com/) is an agreed plan published in July 2013 with the support of the Secretary of State for Education and of the diverse organisations who can support head teachers to improve the quality and take-up of school food and put the kitchen at the heart of school life. The plan outlines how schools should improve their attitude to school food by:-

- Adopting a ‘whole-school approach’: integrating food into the life of the school: treating the dining hall as the hub of the school, where children and teachers eat together; lunch as part of the school day; the cooks as important staff members; and food as part of a rounded education

- The head teacher leading the change

- Concentrating on the things children care about: good food, attractive environment, social life, price and brand

- Encourage take up of school meals to improve school food economics and in particular encourage take up of Universal Free School Meals for all KS1

2. Equal Opportunities
In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

3. Curriculum
Food and nutrition is taught at an appropriate level throughout Foundation Stage and KS1. Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DFE statutory guidelines.

This is addressed through:

- Teaching methods
  Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the whole school approach to healthy eating.

- Cooking and nutrition
  As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.
Cross Curricular
The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

Staff training
School staff including teachers, TAs and lunchtime supervisors have a key role in influencing pupils’ knowledge, skills and attitudes about food and healthy eating, so it is important that they are familiar with healthy eating guidelines. To facilitate this, the school will review its provision bi-annually and its choice of daily meal (currently breakfast and lunch) annually at the point of outsourcing. We currently have in house catering to provide school lunches and have developed our own menu that meets the requirements of the School Food Plan.

Visitors in the classroom
This school values the contribution made by outside agencies including the school nurse in supporting class teachers. It is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor’s talk is suitable for the ages of the pupils. The school’s safeguarding procedures for visiting speakers is adopted.

Resources
Resources used to deliver healthy eating are current and up to date and all staff are consistent in the resources used throughout the curriculum. These reflect the ‘eatwell plate’ where appropriate.

4. Food and Drink Provision throughout the school day
Food Standards National Nutritional Standards for school Lunches became compulsory in 2009. As a result of the School Food Plan, the standards have been reviewed and new Food Standards for school lunches will come in to force in January 2015. Together with the existing standards they cover all food sold or served in schools: breakfast, lunch and after-school meals; mid-morning break and after-school clubs. http://www.schoolfoodplan.com/standards/.

Checklists for monitoring our provision are completed by our Catering Supervisor once a term to review the new menu and published on the school website.

Breakfast
Breakfast is an important meal that should provide 25% of a child’s energy requirement and contribute significantly to their vitamin and mineral requirements. The privately operated before school club based at school provides a nutritious meal for pupils before the school day and complies with the food-based standards.

Lunch
Food prepared by our in house catering service ‘Healthy Food 4 U’ meets the National Nutritional Standards for School Lunches. Menus are produced on a 3 termly cycle and available on the school website. This includes the use of fresh fruit and vegetables each day as a choice for the children. We provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. There is a daily salad bar which offers a wide choice of cold salad items including pasta, rice or potato salads and bread. The
school Catering Supervisor has been invited to attend School Council meetings in order to discuss preferences with our pupils and to explain some details about nutritional standards. This is reported back to the rest of the school.

Universal Free School Meals
From September 2014, all children in reception, year 1 and year 2 in state-funded schools in England have been eligible for free school lunches. The School fully supports this initiative, encouraging children to have their free school meal. Research shows that a school lunch is nutritionally superior to most packed lunches and can lead to improved behaviour and attainment.

Fruit Scheme
The School is part of the National Fruit and Vegetable Scheme. Children eat their fruit during mid-morning break.

Milk
Milk is available for drinking at least once per day during school hours.

Snacks
The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school only permits fruit or cereal based snacks at break times and discourages the consumption of snacks high in fat, salt and sugar. Cereal bars must not be chocolate coated or contain nuts.

Use of Food as a Reward
The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

Drinks
Drinking water is available to all pupils and every day. We also provide drinks of sugar free squash made up to the required guidelines.

5. Food and Drink Brought Into School
Packed lunches
Packed lunches prepared by our in house catering term adhere to the School Food Standards for Healthy School lunches. (Appendix 1)

The school encourages parents and carers to take up the opportunity of a hot school meal through the Universal Infant Free School Meal scheme. However if they do wish to send their child to school with packed lunches we encourage parent and carers to complement the same Government Food Lunch Standards. This is achieved by promoting healthy packed lunch options using the principles of the ‘eatwell plate’ and Balance of Good Health. (Appendix 2)
6. Special Dietary Requirements
Cultural and religious diets
Many people follow diets related to their culture or religious beliefs and the school will make every effort to provide meals for all children. The school has a robust procedure in place for both parents to inform the school of a special diet and for identifying children to ensure that every child receives the correct meal particularly as many of these children are very young and eating school meals for the first time.

Medical Diets
Individual care plans are created for pupils with medical dietary needs/requirements. These individual requirements are provided with a current photograph to be displayed in the classroom/staffroom and kitchen.

7. Food Safety
Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

This policy will be reviewed on a bi-annual basis.

Policy reviewed by Governors June 2018
Next review due June 2020

Signed ..................................................  Chair of Governors  Dated ..................................................  

Signed ..................................................  Head Teacher  Dated ..................................................
APPENDIX 1 - THE SCHOOL FOOD STANDARDS

The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrients they need across the whole school day. It is just as important to eat food that looks good and tastes delicious, to talk in children about where it comes from and recommend healthy eating to reduce obesity; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the school. Variety is key - whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children have to learn the stories behind their food. Use fresh, nutritious and locally-sourced ingredients that are rich in fibre from the school vegetable garden, and talk to them about what they are eating. For more information, visit www.schoolfooddnr.com/wales to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with Government Buying Standards will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

* This standard applies across the whole school day, including breakfasts, morning breaks, lunch, and after school clubs.

Fruit and vegetables

One or more portions of vegetables or salad in an accompaniment every day
One or more portions of fruit every day
A dessert containing at least 50% fruit or two or more times each week
At least three different fruits and three different vegetables each week

Milk and dairy

A portion of milk from this group every day
Lower fat milk and lower fat reduced milk must be available for drinking at least once a day during school hours

Starchy food

One or more wholegrain varieties of starchy food each week
One or more portions of food from this group every day
Three or more different starchy foods each week
Starchy food cooked in fat or oil no more than two days each week*
Bread - with an added fat or oil - must be available every day

Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of meat from this group every day
A portion of meat or poultry on three or more days each week

Healthier drinks*

Free, fresh drinking water at all times
The only drinks permitted are:
- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 100 ml)
- Plain water or milk or soft drink enriched with calcium; plain fortified milk; milk yoghurt; milk
- Unrestricted combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain water, rice or soya drinks enriched with calcium; "creme" and lower fat milk; flavoured lower fat milk
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 150 ml. They may contain added vitamins or minerals, but no more than 3% added sugar or honey or 150ml fruit juice. Fruit juice combination drinks must be at least 85% fruit juice.

Foods high in fat, sugar and salt

No more than two portions of food that has been deep-fried, batter-coated, or bacon rashers control, each week*
No more than two portions of food which include pastry each week
No snacks, except nuts, seeds, vegetables and fruit with an added salt, sugar or fat*
Savoury crackers or breadcrumbs can be served at lunch with fruit or vegetables or dairy foods
No confectionery, chocolate or chocolate-flavoured products*
Desserts, cakes and biscuits are allowed only at bedtime. They must not contain any confectionery
Soda must not be available to add to food after it has been eaten*
Any restrictions must be limited to students at portions of no more than 6g of free trans fat per day*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadcrumbs
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 30% fruit)

* This standard applies across the whole school day, including breakfasts, morning breaks, lunch, and after school clubs.
APPENDIX 2 – The Balance of Good Health (BOGH)

What is The Balance of Good Health?

The Balance of Good Health is a new way of helping you understand and enjoy healthy eating. It makes healthy eating easier to understand by showing the types and proportion of foods which make up a well-balanced and healthy diet.

For most people this means a change towards more vegetables, fruit, bread, breakfast cereals, potatoes, rice and pasta. Most of all, it means variety. The Balance of Good Health shows that you don't have to give up the foods you most enjoy for the sake of your health. But remember that everything you eat, snacks as well as meals, counts towards the balance of your diet.

Much of what we eat is as dishes or meals that are combinations of foods from several of the food groups, like casseroles, spaghetti bolognase sandwiches and pizza. To make a healthy choice, think about how the main ingredients fit with the proportions in the picture.

Take a pizza for example:

- dough base
- mushroom and tomato purée
- cheese and ham

This only provides a little in the way of ‘Fruit and vegetables’ foods, so adding a salad or some vegetables and following with a piece of fruit would provide a meal with a balance of foods as shown in the picture.