



WHOLE SCHOOL FOOD POLICY

1. RATIONALE

As a school, we have always prided ourselves in promoting healthy eating patterns, by taking a more pro-active approach to improving the health and wellbeing of our children, staff and visitors.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills

Specifically we believe that:

- it is important to educate the school community about the benefits of healthy eating
- the provision of easily accessible fresh drinking water is important to health
- healthy eating should be a positive and enjoyable experience
- the benefits of healthy eating should be promoted to the whole school community
- recognising that sweets, biscuits and cakes etc are part of a balanced diet when eaten in moderation

As part of the curriculum and to improve the well being of our children, we have incorporated:

- Provision of water containers for children
- Provision of milk for those parents who wish their children to have it
- School meals
- Free fruit for all children
- Advice to parents on healthy balanced lunch boxes
- Healthy eating, as part of the curriculum

2. AIM

To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.

3. OBJECTIVES

Working with the school's caterer

The school and its caterer must meet the new nutritional standards for school meals (The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007) and non-school meal food provided in school. The school through its caterer/food provider now must offer the following food groups as part of the school meal and from September 2008 the nutrient standards.

Fruits and vegetables

These include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)

- Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)
- A fruit-based dessert shall be available at least twice per week in primary schools

Meat, fish and other non-dairy sources of protein

These include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; pulses; and beans (other than green beans)

- A food from this group should be available on a daily basis
- Red meat shall be available twice per week in primary schools, and three times per week in secondary schools
- Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks

For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein.

Manufactured meat products

Manufactured meat products may be served occasionally as part of school lunches, provided that they

- i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers
- ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and
- iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.

A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty, sausage roll. Group 4: Any other shaped or coated meat product.

Starchy foods (also see additional requirement on deep frying below)

These include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal

- A food from this group should be available on a daily basis
- Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week
- On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available

In addition, bread should be available on a daily basis.

Deep fried products

Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.

Milk and dairy foods

Includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard.

A food from this group should be available on a daily basis.

Drinks

The only drinks available should be:

- plain water (still or fizzy)
- milk (skimmed or semi-skimmed)
- pure fruit juices
- yoghurt or milk drinks (with less than 5% added sugar)
- drinks made from combinations of those in the bullet points above on this list (e.g. smoothies)
- low calorie hot chocolate

NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk

Water

There should be easy access to free, fresh drinking water.

Salt and condiments

Table salt should not be made available.

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Confectionery and savoury snacks

Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.

To encourage all children to try a wider variety of foods the school and its caterer will introduce school meal themes days/weeks, such as:

- Bringing in the harvest
- Potato day
- Bonfire night
- Chinese new year
- International themes
- Make your own meal day with the cook
- Historical themes
- Farm day, etc
- Taster days
- Curriculum theme days

The school will include healthy balanced diets as part of its curriculum

As part of the work that children do for sciences, and for personal, social, health and citizenship education (PSHCE), they will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/breakfast/evening meal
- Extra curriculum activities may include:
 - Lunchtime cookery clubs
 - Caterer's talks about the changes in school meals and nutritional standards
 - Breakfast club

The school will enlist the help of its school caterer or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

The school will provide information on healthy foods that should be included in Lunch boxes from home

As a school we recommend that a child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc

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- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful children. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Any food containing nuts as the school is a nut free zone

Parents who have difficulty following these guidelines are requested to contact the Headteacher.

The School will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at midday in the school

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table for at least 15 minutes, in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- Children are expected to follow the school rules whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition

The school will ensure their school representative is trained, at least, to Basic Food Hygiene Standards

The school will ensure their representative will receive basic food hygiene training.

Either:

- Through the school meal provider, e.g. HC3S
- Local college

Ratified by: [name/body]:.....

Date:.....

Signed (Chair):.....