



## **Food Policy**

Adopted by Governing Body: 03.11.10

Reviewed by Governing Body: 11.05.21

Cycle of review: 3 years

## **INTRODUCTION**

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy. Pupils can be creative, design, explore, use their imagination, investigate, problem solve, and become curious about the technology that surrounds them. They acquire a broad range of subject knowledge and Food Technology draws on disciplines such as mathematics, science, literacy, art and PSHCE. Through the evaluation of past and present technology, they develop critical understanding of its impact on daily life and the wider world. High quality technology allows pupils to contribute to the creativity, culture, wealth and wellbeing of the community.

Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

## **FOOD POLICY AIMS**

The main aims of our school policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day.
- The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

These will be addressed through the following areas:

### **1. 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.

Provision is allowed for special diets e.g., medical, cultural, vegetarian and for appropriate serving. Free packed and cooked lunch provision will be handled sensitively.

## **2. CURRICULUM**

### Early Years Curriculum.

As part of the food technology curriculum pupils in Early Years will participate in weekly food sessions. These sessions will develop pupils' experiences and an awareness of different foods. School will provide a range of ingredients.

### Food Technology KS2-KS5.

As part of the food technology curriculum the pupils will have the opportunity to participate in weekly food sessions every half term. Food Technology is a key area we pride ourselves in helping to develop skills for life and particularly given the importance of making good and healthy food choices throughout life. We develop the skills and knowledge needed through a combination of theory and practical work, our aim being to foster a life-long enthusiasm for good food and promote independence.

Food and nutrition is taught at an appropriate level throughout each key stage. 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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include practical work, discussion and role play, DVDs, websites.

#### **Learning by example and staff training**

Teachers, caterers and the school nurse have a key role in influencing pupils' knowledge, skills and attitude about food, so it is important they are familiar with healthy eating guidelines and that appropriate training is available where necessary.

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of 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 age and ability of the pupils.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The context of a balanced diet (as depicted by The Eatwell Plate) makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

### Cross Curricular Teaching

The delivery of Healthy Eating education is cross curricular between Food, Science and PSHE as evidenced by schemes of work. All departments are responsible for their own resources to ensure the use of them is not duplicated.

All staff working with food should hold basic food handlers certification, all meals provided from Baileys are in line with Food for life standards at Gold.

### **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### Breakfast

Breakfast is an important meal that should provide 25% of pupils' energy requirements and contribute significantly to their vitamin and mineral intake. Pupils are encouraged to eat breakfast before they come to school and this is promoted through curriculum work and intervention by the school nurse.

Bailey's catering provide a selection of healthy snacks available during break time each day including wholemeal toast as well as milk.

From 2015 new food-based standards apply to school meals. These ensure all foods served are nourishing and healthy and also define which foods are no longer allowed or are restricted.

All the food standards for 2015 are in place.

<p><b>Fruit and vegetables -</b> these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> <li>▪ 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)</li> <li>▪ A fruit-based dessert shall be available at least twice per week in primary schools</li> </ul>
<p><b>Meat, fish and other non-dairy sources of protein -</b> these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools</li> <li>▪ 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</li> <li>▪ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</li> </ul>
<p><b>Manufactured meat products</b></p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ol style="list-style-type: none"> <li>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</li> <li>ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and</li> <li>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.</li> <li>iv) 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 or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.</li> </ol>
<p><b>Starchy foods</b> (also see additional requirement on deep frying below) - these include all bread (e.g. chapattis), pasta, noodles,</p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</li> <li>▪ 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</li> </ul>

rice, potatoes, sweet potatoes, yams, millet and cornmeal	<ul style="list-style-type: none"> <li>▪ In addition, bread should be available on a daily basis</li> </ul>
<b>Deep fried products</b>	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.
<b>Milk and dairy foods</b> - 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.
<b>Drinks</b>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>▪ plain water (still or fizzy);</li> <li>▪ milk (skimmed or semi-skimmed);</li> <li>▪ pure fruit juices;</li> <li>▪ yoghurt or milk drinks (with less than 5% added sugar);</li> <li>▪ drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);</li> <li>▪ low calorie hot chocolate;</li> <li>▪ tea; and</li> <li>▪ coffee</li> </ul> <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<b>Water</b>	There should be easy access to free, fresh drinking water.
<b>Salt and condiments</b>	Table salt should not be made available. If made available, condiments should be available only in sachets.
<b>Confectionery and savoury snacks</b>	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. Snacks such as nuts are not allowed due to allergies.

### Use of food as a reward

The school does not encourage the regular eating of sweets, especially as a reward for good behaviour or academic or other achievements. Where possible other methods of positive reinforcement are used in school.

### Drinking Water

The National Nutritional Standards for Healthy Schools Lunches recommend that 'pupils should have easy access at all times of the day to free, fresh drinking water'. The school agrees with this recommendation and provides a free supply of drinking water. Drinking water is available in the dining hall, and water stations across the school. Assemblies are used to promote the importance of regular intake of water. Cups and jugs of water are available in all classrooms and pupils are allowed to drink at the beginning and/or end of lessons, so as not to cause too much disturbance. This will not be allowed in the ICT room or when near electrical equipment for safety reasons. Water is currently available for staff in the staffroom and around the school in various locations.

### Milk

The Department of Education (2019) and the school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Milk must be provided free of charge to infants and benefits-based free school meals pupils when it is offered as part of the school meal and free to benefits-based free school meals pupils at all other times. Milk must be provided free for pupils up to the end of the school year in which they reach age 5, charges can be made for all other pupils.

### School Fruit and Vegetable Scheme

All four- to six-year-old children throughout England are eligible to receive a free piece of fruit or vegetable every school day outside of their school lunch through the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

Pupils' have a 15-minute break in the morning and in the afternoon. The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Young people are encouraged to bring healthier options to school as snacks.

The school encourages parents and carers to provide pupils with healthy packed lunches. Packed lunches provided by the school are provided by Bailey's catering and adhere to the National Nutritional Standards for Healthy School Lunches. All meals are prepared freshly on site and served by our catering staff, each day at lunchtime. For pupils in receipt of Free School Meals the relevant form can be obtained and returned to the school office. For those pupils not entitled to Free School Meals, meals must be paid, using the online system, currently priced at £2.10 per day. 'Dinnerpay' is a convenient on-line school meal system that allows parents to manage the pupils school meal orders online. It is a secure and flexible system that allows parents to order and pay for meals 6-8 weeks in advance. For those in receipt of

Universal or Free School meals, parents are still requested to select their menu choice, but no payment will be required.

## **5. SPECIAL DIETARY REQUIREMENTS**

### **Special diets for religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

### **Vegetarians and Vegans**

School caterers offer at least one vegetarian option at lunch every day. When necessary, the school also provides a vegan option.

### **Food allergies and food intolerances**

All staff are made aware of any pupils with food allergies/ intolerances via the pupil risk assessments.

Information with a photo is displayed in the kitchen of pupils with severe allergies/intolerances so that pupils can be easily recognised. The school caterer is made aware of any food allergies/intolerances and requests for special diets are submitted where necessary as part of the admission process. There is a cupboard allocated in the Food Technology for food items that are suitable for children with food intolerances and allergies.

## **6. FOOD SAFETY**

All 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 refrigerators are used when necessary.
- that food handlers undergo appropriate food hygiene training.
- that suitable equipment and protective clothing are available.
- any food safety hazards are identified and controlled.

## **7. THE FOOD AND EATING ENVIRONMENT**

The school will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at school.

In doing so, the school requests children adhere to the following:

- All children are required to sit at a table 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.
- Lunchtime supervisors and other staff will help any children who may need it.
- Children are expected to behave whilst eating their lunches, be polite and helpful.

- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or lunchtime assistant to explain.
- Children are encouraged to leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

### **Purchasing ingredients for Food Technology Lessons – School system**

- Orders will be placed online using either Tesco or Morrison's with and a delivery will be arranged for two weekly slots.
- Because of a delivery charge, we want to maximise this delivery each week in order to make it worthwhile.
- The shopping list should state how many children the shopping is for at the bottom and be based on a maximum budget of £1.50 per head over a half term period. (E.G if you spend £1.00 for a child on one week and then £2.00 on the next that is fine, provided the books balance at the end of a half term).
- Classes that cook towards the end of the week may need some fresh items. The office staff will be able to purchase fresh items as and required when given plenty of notice and only when the Morrison's order was unable to deliver fresh produce that will not go out of date by the end of the week. This, however, should be kept to an absolute minimum.
- Following the MTP's, the ingredients for the recipes should be ordered in bulk, to reduce costs and help with the ordering process.
- The food in the Food technology is organised into storage areas by categories, to help reduce wastage and over ordering.
- If staff make any other purchases out of their own money this will not be reimbursed by school, even with receipts so it is really important the Tesco and/or Morrison's order that is put together is accurate.
- For pupils in Early Years, we ask parents for a voluntary contribution of £6.00 per term, towards the cost of the ingredients. For pupils in Key Stage 2-5 we ask parents for a voluntary contribution of £12.00 per term, towards the cost of the ingredients. As we are a cashless school, payments will need to be made using the 'Payments 4 school' online system. The link can be located on the school website using Payments4Schools.
- The Assistant Headteacher will monitor pupil premium students who are not required to pay for practical cooking sessions and finance can use this information when reviewing the budget for cooking.