



**FOOD AND NUTRITION POLICY**

Date of last review:	January 2016
Date approved by Governing Body:	19 <sup>th</sup> January 2016
Date of next review:	Spring term 2019
Committee responsible for implementation and review:	Standards Achievement and Inclusion

**RATIONALE**

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. It is our duty to provide the children with opportunities to learn about healthy lifestyles and balanced diets so that they can use this knowledge to go on to make sensible life choices as adults.

**OUR AIM**

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

All stakeholders have the responsibility:

- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty, nutritious food
- To provide a readily available supply of fresh water during the school day
- To promote positive attitudes towards leading a healthy lifestyle
- To educate our children about the links between a healthy, balanced and varied diet, maintaining a healthy body weight and reducing the risk of disease

*The Governing Body is responsible for:*

- Ensuring that catering provision offers a healthy and balanced diet
- To ensure that food provision in the school reflects the ethical, cultural and medical needs of all
- Reviewing and updating this policy (via the standards, achievement and inclusion committee)

*The Head Teacher is responsible for:*

- Informing parents of the food and nutrition guidelines within the schools
- Ensuring the Healthy Schools Manager/ PSHE manager has opportunities to discuss initiatives/ developments relating to Healthy Eating with all stakeholders, as appropriate
- Ensuring that at least one member of staff is trained to basic food hygiene standards
- Responding to reported concerns about individuals if they feel that a family or child needs guidance regarding nutrition and a balanced diet

*The Healthy Schools Manager is responsible for:*

- Following Guidance regarding the education of children relating to Healthy eating and the associated lifestyle choices
- Planning learning opportunities to raise the profile of healthy eating and balanced diets amongst pupils and staff

*The PSHE and Science managers are responsible for:*

- Providing opportunities for discussion about a healthy and balanced diet through the PSHE and Science curriculum
- Providing guidance and advice about resources and worksheets that can support teaching
- Monitoring the outcomes of Healthy Eating education through PSHE records of development

*The Class teacher is responsible for:*

- Providing children with opportunities to learn about links between a healthy, balanced and varied diet, maintaining a healthy body weight and reducing the risk of disease
- Reporting to the Head Teacher if they feel that a family or child needs guidance regarding nutrition and a balanced diet
- With the consent of the Head Teacher, contacting the school nurse, where appropriate, to liaise with individual children/ families
- Promoting good table manners when eating with the children

*The Supervisory Lunchtime Assistants are responsible for:*

- Monitoring the consumption of food during the lunch hour to ensure that the school's food and nutrition guidelines are being upheld
- Report any concerns to the appropriate class teacher
- Have constant access to water during the lunchtime period, particularly during warm weather
- Encouraging children to eat their food and ensure that they at least try to eat most of the food provided, either by the school or in their packed lunch
- Helping any children who have any concerns or cause for concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find place to sit or do not eat their lunch
- Promoting and rewarding good table manners

The school will enlist the help of its school caterer, and other professionals, to develop and promote healthy eating habits both in school and outside.

### **Infant School Food and Nutrition Guidelines**

#### **Curriculum**

The school ensures, through effective planning, that nutritional education is embedded in the curriculum and that there is consistency across the subjects and with the Food and Nutrition policy. The school will ensure that it has in place a broad and systematic food and nutrition curriculum for all ages. Children are taught about healthy food and what a well balanced diet should consist of. In order to do this the children will be:

- ⇒ Taught the components of a healthy diet and the importance of healthy eating both now and in the future
- ⇒ Given the opportunity to design a healthy menu

- ⇒ Given opportunities to look at a range of recipes and explore how to prepare and cook simple recipes
- ⇒ Taught how to design and make healthy food options (relevant to their age group)
- ⇒ Taught about health and safety in the kitchen
- ⇒ Taught about food around the world

### **Break-time Snacks**

The school provides a piece of fruit or vegetable daily for every child. All children have the opportunity to have a carton of semi-skimmed milk daily for a small weekly fee. Both are available every day during a designated snack time. Children who do not wish to have milk are encouraged to drink water.

### **Water**

The school recognises that a plentiful supply of drinking water will enhance concentration and improve behaviour. All pupils will have access to drinking water throughout the day, either from the drinking fountain or their own named water bottle and can be refilled as required. Pupils are actively encouraged to drink at frequent intervals during the day, and more so in the summer months.

### **Hall Etiquette**

The school recognises the social learning opportunities during the lunchtime period and aim to model and promote good manners and social etiquette during this time. We will ensure a safe, clean and sociable eating environment for the children. To encourage positive behaviour and attitudes we have put the following in place:

- ⇒ Lunchtime supervisors will award children with praise and a sticker if they eat all their food or display good manners
- ⇒ 'Top Table' scheme where children are rewarded on a weekly basis for consistently good table manners and behaviour. Top table happens on a Friday. The children have special crockery and the Head teacher or deputy head will join them. Recognition of achievement is via the 'celebration board' and the children receive a special certificate
- ⇒ All litter, from lunch boxes, must be taken home at the end of the day
- ⇒ Children are encouraged to leave the area where they have eaten their lunch in a clean and tidy condition

### **School Lunches**

School lunches must meet the nutritional standards produced by the Schools Food Trust 2007. The school is committed to publicising menu information and making this available to all parents. Twice a year a copy of the menu is sent home and also displayed on the Parent Notice board. A weekly menu with pictures is always displayed outside the school office. Daily menu options are shared with the children who are then able to make a choice between a vegetarian or meat dish. During the year the children have the opportunity to feedback their thoughts about the menus through the school council. The school caterer must now offer the following food groups as part of the school meal. See Appendix A.

### **Packed Lunches**

The school is committed to encouraging parents to provide healthy lunchboxes for pupils bringing a packed lunch into school. The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. We will provide information and guidance to parents based on foods in schools recommendations through the transition programme for new parents and by providing informative literature every September. To ensure lunchbox contents are in line with the Food and Nutrition policy a pack lunch should include 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, carrot sticks, mini fruit chunks, etc

- ⇒ A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc
- ⇒ 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), water or milk

Parents are advised to include an ice pack to reduce the risk of increased levels of bacteria. Although the school provides ambient storage facilities, the school cannot take any legal responsibility for food prepared at home and then brought in to school.

In addition the school requests that parents try to avoid including the following items in a packed lunch:

- ⇒ Sweets and chocolate (chocolate covered biscuits are acceptable i.e. penguin biscuits)
- ⇒ Fizzy drinks
- ⇒ Any food product containing nuts, etc (Chocolate and nut spread, cereal bars)
- ⇒ Packets of nuts

### **Extra Curricular Cooking**

Throughout the year the children are invited to take part in an after school cooking club where they will be given opportunities to prepare and cook simple recipes and have fun with food! Children will also be given guidance on health and safety when cooking; this includes using child friendly utensils. All recipes used in school will be nut free. A general risk assessment for cooking activities is situated in the cooking area. All staff carrying out cooking activities will read the risk assessment prior to undertaking the task.

## **Junior School Food and Nutrition Guidelines**

### **Curriculum**

The school ensures, through effective planning, that nutritional education is embedded in the curriculum and that there is consistency across the subjects and with the Food and Nutrition policy. The school will ensure that it has in place a broad and systematic food and nutrition curriculum for all ages. Children are taught about healthy food and what a well balanced diet should consist of. In order to do this the children will be:

- ⇒ Taught the components of a healthy diet, the importance of healthy eating both now and in the future, and the effects of food on their bodies.
- ⇒ Given the opportunity to design a healthy menu
- ⇒ Given opportunities to look at a range of recipes and explore how to prepare and cook simple recipes
- ⇒ Taught how to design and make healthy food options (relevant to their age group)
- ⇒ Taught about health and safety in the kitchen
- ⇒ Taught about food around the world

### **Break-time Snacks**

The school will encourage children to bring in a snack consisting of fruit or vegetable each day. Water will be available for children to drink.

### **Water**

The school recognises that a plentiful supply of drinking water will enhance concentration and improve behaviour. All pupils will have access to drinking water throughout the day, either from the drinking fountain or their own named water bottle and can be refilled as required. Pupils are actively encouraged to drink at frequent intervals during the day, and more so in the summer months.

### **Hall Etiquette**

The school recognises the social learning opportunities during the lunchtime period and aim to model and promote good manners and social etiquette during this time. We will ensure a safe,

clean and sociable eating environment for the children. To encourage positive behaviour and attitudes we have put the following in place:

- ⇒ Lunchtime supervisors will award children with praise, if they eat all their food or display good manners
- ⇒ All litter, from lunch boxes, must be taken home at the end of the day
- ⇒ Children are encouraged to leave the area where they have eaten their lunch in a clean and tidy condition

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### **Packed Lunches**

The school is committed to encouraging parents to provide healthy lunchboxes for pupils bringing a packed lunch into school. The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. We will provide information and guidance to parents based on foods in schools recommendations through the transition programme for new parents and by providing informative literature every September. To ensure lunchbox contents are in line with the Food and Nutrition policy a pack lunch should include the following:

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- ⇒ Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc
- ⇒ A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc
- ⇒ 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), water or milk

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## APPENDIX A

The school caterer must now offer the following food groups as part of the school meal.

<p><b>Fruits &amp; Vegetables-</b> These include fruit and vegetables in all forms (whether frozen, fresh, 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 school</li> </ul>
<p><b>Meat, fish and other non-diary 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</li> <li>◆ Fish shall be available once per week. Of that fish, oily fish shall be available at least once every three weeks</li> </ul>
<p><b>Manufactured meat products</b></p>	<ul style="list-style-type: none"> <li>◆ Manufactured meat products may be served occasionally as part of school lunches provided that they:               <ol style="list-style-type: none"> <li>i. meet the legal minimum meat content levels set out in the Meat Products Regulations 2003</li> <li>ii. are not “economy burgers” as described in the Meat Products Regulations 2003</li> <li>iii. contain no offal apart from intestine used as sausage skin</li> </ol> </li> </ul>
<p><b>Starchy foods –</b> These include all bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</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 from which a fat or oil is not used in the cooking process should also be available</li> <li>◆ In addition, bread should be available on a daily basis</li> </ul>
<p><b>Deep fried products</b></p>	<ul style="list-style-type: none"> <li>◆ Meals should not contain more than two deep fried products in a single week</li> </ul>
<p><b>Milk and dairy foods-</b> Includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage fraise, and custard</p>	<ul style="list-style-type: none"> <li>◆ A food from this group should be available on a daily basis</li> </ul>
<p><b>Drinks</b></p>	<ul style="list-style-type: none"> <li>◆ The only drinks available should be:               <ul style="list-style-type: none"> <li>○ plain water</li> <li>○ milk</li> <li>○ pure fruit juices</li> <li>○ yoghurt or milk drinks</li> <li>○ drinks made from a combination of the above</li> <li>○ low calories hot chocolate</li> <li>○ tea</li> <li>○ coffee</li> </ul> </li> </ul>
<p><b>Water</b></p>	<ul style="list-style-type: none"> <li>◆ There should be easy access to free, fresh drinking water</li> </ul>
<p><b>Salt and condiments</b></p>	<ul style="list-style-type: none"> <li>◆ Table salt should not be made available</li> <li>◆ Condiments, if made available, should only be in sachets</li> </ul>
<p><b>Confectionary and savoury snacks</b></p>	<ul style="list-style-type: none"> <li>◆ Confectionary, chocolate and chocolate coated products shall not be available throughout the lunch time</li> <li>◆ The only savoury snack available should be nuts or seeds with no added salt or sugar</li> </ul>

