



# St James' C of E Infant and Nursery School

## Whole School Food Policy

Approved by	
Name:	Clair Brown
Position:	School Business Manager
Signed:	<i>CBrown</i>
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## **Introduction**

This policy covers all aspects of food and drink at school. The school is dedicated to providing an environment that promotes healthy food and eating, 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.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people.

The policy is referred to in the school prospectus and is communicated to the entire school community. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day and our partners that share our school premises.

The nutritional principles of this policy are based on current evidence based findings; and the Eatwell Guide is the agreed model for ensuring a healthy balanced diet.

<https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

The school will follow the school food standards for food throughout the school day.

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Further information can also be found in the School Food Plan (2014)

[www.schoolfoodplan.com](http://www.schoolfoodplan.com)

## **Food policy co-ordinator**

This school food policy and healthy eating strategy is co-ordinated by Clair Brown and she is the member of the Senior Management Team that oversees all aspects of food in school

## **Food policy aims**

The main aims of our school food 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/drink choices throughout the school day and ensure food brought into school is healthy too
- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school
- To ensure that the school adheres to the dietary requirements of all children in respect of allergens etc.

These aims will be addressed through the following areas:

## **Curriculum**

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy.

In addition, we use opportunities such as our Phunky Foods After School Club and Gardening sessions to compliment the teaching in the classroom and enable children to learn about and prepare nutritional food and create an interest in healthy eating.

## **Teaching methods/resources**

In Nursery and Reception food and healthy eating is covered via our topics and can form part of the Understanding of the World or PSED areas of the curriculum in topics such as Where do you like to

shop? Do you like gravy on your ice-cream? The child will take part in food preparing activities such as making soup. Visits may be arranged e.g to local farms.

In Key Stage 1, making healthy choices (including diet and food) is covered through the PSHE curriculum. This includes Phunky Foods and the Eatwell Plate. Additional coverage may be given through Science (our bodies) and Geography (growing our food).

Examples of resources:

Eatwell Guide <https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

School Food Standards <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Relevant information from School Food Plan (2014) [www.schoolfoodplan.com](http://www.schoolfoodplan.com)

Public Health resources from the School Zone <https://campaignresources.phe.gov.uk/schools>

Food Teaching in Primary schools (2015) <https://www.gov.uk/government/publications/food-teaching-in-primary-schools-knowledge-and-skills-framework>

Consider methods used to link classroom activities and learning about food

E.g. Food a Fact of Life free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk) or a similar programme

### **Food and drink provision throughout the school day**

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the requirements for School Food Regulations 2014 is mandatory for all maintained schools including academies and free schools. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.

The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

Full details and guidance are available at:

<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

### **Breakfast club**

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 school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards for school food other than lunch. Checklist for school food other than lunch <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

The breakfast menu includes: Toast, Bagels, Cereal, Fruit

### **Breaktime 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.

All children are provided with a variety of fruit free of charge for their snack. We participate in the National Fruit & Vegetable Scheme (Schools that want to receive free fruit and veg from this scheme should contact SFVS@supplychain.nhs.uk or call 03306 780 926). This is distributed at breaktime in each class. We encourage a fruit or vegetable only policy for break time snacks as this positively enhances the free fruit in key stage 1.

In Early Years, children are provided with a wide variety of healthy foods as part of their snack time in addition to free fruit.

The school discourages the consumption of snacks high in fat and sugar at break-time.

### **School lunch**

Food prepared by the school catering team meets the School Food Standards.

As a school we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them i.e. children in Reception, Year 1 and Year 2.

Healthy options are promoted at lunchtime. Children/young people are consulted about food choices (include here methods of consulting children and young people, eg surveys, questionnaire, SNAG)

### **Packed lunches**

The school encourages parents and carers to provide children with packed lunches that compliment the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the Eatwell Guide and our Packed Lunch Guidelines (see additional packed lunch guideline template). This will ensure children having packed lunches have a healthy balanced meal.

Food safety issues around packed lunches will be conveyed to parents. Items such as sweets, fizzy drinks are not allowed in packed lunches. Additionally due to several allergies in school we are a nut free school. Items that contain or may contain nuts are not allowed in school at all. This is relayed to parents via the newsletter, texts etc at regular intervals as well as via the school prospectus and website.

### **After school club**

The food and drink provision at our after school club is in line with the overall whole school food policy and complies with standards for all school food other than lunches.

### **Use of food as a reward/birthdays**

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.

At lunchtimes children can be given stickers for trying new healthy foods, eating all their vegetables etc.

Due to the presence of severe allergies in school, we no longer allow any food items to be brought in such as birthday cakes etc. in case they may contain allergens.

### **Drinking water**

The School Food Standards recommend that free, fresh drinking water must be available at all times

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. Children are encouraged to bring in a water bottle daily and the school expects these to be filled with fresh clean drinking water.

### **Special dietary requirements**

Special diets - religious and ethnic groups

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

Vegetarian diets/halal meals

School caterers offer a vegetarian option at lunch everyday.

Special diets - medical

Under section 100 of the Children and Families Act 2014, schools have a duty to support pupils at their school with medical conditions. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency,

Emergency contact details, along with any particular food requirements e.g. for high-energy diets.

The school and school caterers (if appropriate) are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Include how your school arranges medical diets in this section and how all staff are made aware.

The kitchen staff and office staff consult with parents as soon as they are made aware of any special dietary needs. This is usually done via the pupil information forms when the child starts school but may be at other times such as a home visit or by further information provided by the child's parents. A suitable menu is designed in consultation with parents ensuring that the child's dietary needs and allergies are catered for.

A list of children and their dietary requirements is held in the kitchen, additionally all teachers have a copy and details including the child's photograph are displayed beside the kitchen hatch so that all staff are aware of dietary needs. Kitchen staff liaise daily with the Midday supervisors to ensure that all children with special dietary needs are given the correct meal.

Further information can be found on Allergy Guidance for schools at

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

And Allergy UK <https://www.allergyuk.org/living-with-an-allergy/at-school/>

### **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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. We have food safety information displayed in the appropriate areas.

Kitchen staff complete Level 2 food safety and allergen training on a regular basis and Midday supervisors and teachers complete Level 1 food safety and allergen training. Copies of certificates are held by the SBM.

### **The food and eating environment**

The school will provide a clean, sociable environment in the school hall for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment.

Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

### **Leading by example and staff training**

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Information regarding food in schools will usually be disseminated to all staff by the SBM

It is essential that staff are committed to setting an example with food in school. All staff share the commitment of healthy eating and healthy lifestyles within our school community.

### **Food related action plans**

As a school we are aware that we need to ensure healthy and nutritious food is available across the school day. The food agenda in school is part of criteria to be assessed for the voluntary Healthy Schools rating scheme which has been designed to recognise and encourage schools' contributions to pupils' health and wellbeing as part of the commitment from the government's Childhood Obesity Plan. <https://www.gov.uk/government/publications/healthy-schools-rating-scheme>

### **Consultation/monitoring and evaluation**

This policy has been developed through wide consultation with the whole school community. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire school community and new families/staff to our school are made aware of its importance. Parents, staff and children have been consulted in the writing of this policy

Appendix 1 – School Food Standards

Appendix 2 - Eatwell Plate



# Eatwell Guide

Check the label on packaged foods

Each serving (100g) contains

Energy	Fat	Saturated	Sugars	Salt
10-45% 200kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	33%	15%

of an adult's reference intake  
Typical values (as sold) per 100g: 697kcal/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins



Dairy and alternatives



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS