



Whole School Food Policy

INTRODUCTION

Our school is dedicated to providing an environment that promotes healthy eating and enables 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, parents, pupils, our catering support consultants and our school nurse. Our policy also now responds to the introduction of Universal Free School Meals for Infants ([DFE 2014](#)) and the launch of the School Food Plan ([DFE 2013](#)) which heightened the importance of a healthy school meal to improve health and education outcomes.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

Our decision to transfer services to 'In-House' status in 20xx was geared to give the School greater control of policy and through this to improve food standards and have health and nutrition at the core of our service and to ensure the lunch given is delicious, healthy, nutritious and popular with children with great value for money to parents & carers.

In doing so, we recognised our obligations to adhere to current, pending and planned guidelines relating to school meals and recognised that, in their adoption and introduction, due account and consultation will take place with all stakeholders to understand the consequence of any change.

Since 20xx our food offer and service strategy has surpassed legislative requirements and has 'maximum consumption of healthy food' at its core. Our policy aims which are outlined later in this document are underpinned by some fundamental and unambiguous principles that our catering service is based upon.

We summarize our 8 catering principles that our catering team follow as:

1. HEALTHY FOOD ISN'T HEALTHY IF IT ISN'T EATEN - We created our menu cycle with the children, so we know that they will find dishes tasty, popular, familiar and therefore eat their lunch (again - healthy food isn't healthy if it is not eaten). Our menus are analysed by our independent catering support consultants to ensure that they meet or beat the current regulations within the School Food Plan. Once the menus have been agreed with the children and analysed to make sure they are compliant, the school send our menu to all parents and carers.
2. IT ISN'T THE TITLE THAT MAKES A DISH HEALTHY, IT'S WHAT GOES IN IT - Dishes such as chicken nuggets (which are often not healthy as they contain additives and processed 'meat') are substituted by our delicious scratch cooked healthy alternative. Our alternative is fresh chicken breast rolled in cornflour, milk, egg and seasoned cornflakes and then roasted in a hot oven till golden brown. We apply this principle to all dishes that might not be regarded as healthy, but a high number of children ask for.
3. IT'S NOT JUST WHAT GOES IN THE DISH; IT'S WHERE IT HAS TRAVELLED FROM. We use only grade A fresh meat and vegetables and we do not buy from the mass producers of processed items such as Bernard Mathews or McCain's. Instead we use a highly respected local butcher who has all of the credentials and legal requirements to provide fresh meat to schools. We apply this principle to all of our food supplies and suppliers, all of whom meet or beat the legal standards too.
4. IT'S NOT THE RECIPE AND THE DISH; IT'S ALSO HOW WE PRODUCE IT. Food cooked in advance and one batch for service at 11:50- 12:50 means the food is never as fresh for later lunch children and if it isn't as fresh it isn't as tasty or nutritious. As we have the right supplies menu and recipes which we produce food from scratch (raw fresh ingredients with NO additives) and in batches (freshly refreshed batches of 12-15 portions) throughout service so that the children who come for lunch at 12:50 get the same totally fresh food choice as the 'lucky' children who come in first at 11:50.
5. CHILDREN CAN BE CREATURES OF HABIT – THEY SHOULD VARY THEIR DIET AND TRY NEW FOODS. We also introduce new dishes that the children are encouraged to try but have very nutritious additional ingredients. One example is our beef stew which has dried apricots in it - fantastic additional fibre and nutrients and are really delicious too when cooked with the beef.

6. THE TEMPERATURE OF FOOD DOES NOT DICTATE HOW HEALTHY AND NUTRITIOUS IT IS. We encourage our children to have a varied diet and selection. All of our children can select a hot or cold lunch (and they can have a mixture of each e.g. baked potato with tuna mayo and a chopped salad). But if they select a cold lunch it is always as healthy and nutritious (if not more so) than the hot lunch. Our cold lunch is NOT a sandwich and yoghurt. It is a full deli salad bar that offers a selection of at least 5 protein items, a range of 6 salad and crunchy vegetable choices as well as additional healthy carbohydrate 'top ups' such as pasta or cous cous. They can choose a wrap or batch but must have salad and/or crunchy vegetables.
7. COOKING FROM SCRATCH IN FRESH BATCHES TAKES MORE TIME. We have been allowed more labour than schools that don't scratch and batch cook. Our meals per labour hour are 11.5 and we know some schools who don't scratch and batch cook are over 13.
8. IT ISN'T JUST THE FOOD; IT IS ALSO HOW WE SERVE IT. Although we have a very busy service, we and our midday colleagues, make sure we speak and smile with every one of our children. A smiling face turns good tasty and healthy food that also looks delicious into a lovely lunchtime experience.

Impetus and focus driven by government regulations and the new school food plan is welcomed as it has given us further tools and support to move further down the healthy path we started along xx years ago.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Cathy Hughes – Headteacher

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To put the child at the centre of our service and to give them a positive and engaging lunchtime experience.
2. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
3. To improve the health of the whole school community by supporting pupils and families to establish and maintain life-long healthy and environmentally sustainable eating habits

4. To provide healthy food choices throughout the school day.
5. To ensure our school meet and exceed the minimum requirements of the National Healthy School Standard Healthy eating theme, by adopting a whole school approach, in consultation with pupils, parents and staff.
6. To provide food that is nutritious, meets the children's long-term health and achieves the government food standards for schools, implemented in January 2015, in an environment that is conducive to ensuring that healthy eating in schools is a positive experience for all children and staff.
7. To equip children with the knowledge, skills and attitudes to make informed choices about food as part of a healthy lifestyle.
8. To Integrate our aims into all aspects of school life, including food provision within the school, the curriculum and pastoral and social activities;

These aims 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.

2. CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage.

The way we address these are 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 debating issues, group discussions and role-play. These decisions are made at teachers planning meetings and SLT who link closely with xxxx to ensure topics related to healthy eating are taught to all groups.

Leading by example and staff training

Teachers, support staff and the catering team have a key role in influencing pupils' knowledge, skills and attitudes about food. It is important therefore that they are familiar with healthy eating guidelines. To facilitate this, our pupils have a key voice in what lessons take place in PSHE; they work with our Cook in charge and support consultants to decide what food is placed onto the menus.

Staff are included in these activities and receive minutes from all student council and snag group meetings. Our catering team play a key role in delivering enjoyable and practical food based learning sessions to our pupils.

Visitors in the classroom

Leasowe Nursery 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 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 in order to ensure that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

Evaluation of pupils learning

Teachers are encouraged to use a range of strategies to evaluate the teaching and learning in healthy eating.

These include:

- Discussion of the suitability of resources and methodology at team meetings;
- Simple tick sheets for completion by the teacher at the end of a session – on the 'How did that feel for you?' model;
- Consultation with pupils through the School Council about existing programmes of study and special events;
- Questionnaires for pupils at the end of a unit of work or at the end of a special event about the suitability of the programme and resources;
- The formation of task groups or focus groups of pupils to look at existing provision and to make recommendations for the future.

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

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 school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes: fruit, toast, cereal.

National Food Standards for School Lunches

New mandatory food standards were introduced in January 2015. [\(DFE 2013\)](#) Our Cook in charge, guided by our support consultancy company, compiles the menus with the knowledge and understanding of the children's requirements, whilst adhering to government standards.

The Government announced new food standards in January 2015. They cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets or exceeds the National Food Standards for School Lunches

Snacking

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 discourages the consumption of snacks high in fat and sugar at break-time. To this end we will ensure assemblies look at Healthy Eating and highlight to pupils what food is acceptable at break times. Special consideration is obviously taken for pupils with medical conditions.

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.

Instead of using food as a reward we have the following:

- Achievement assemblies
- Achievement vouchers
- Trips
- Certificates

Drinking water

The National Food Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water. We have ensured that at least one water supply is available on each floor within the school.

Packed lunches

Packed lunches prepared by the catering team adhere to the National Food Standards.

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch. These can be found at <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

All lunches consumed in school should be healthy ones. There are certain foods that we should not see in school and ask parents not to provide them for their children because they are not part of our healthy eating policy. For that reason, we do not permit the products identified below. If we do find them they are confiscated.

- Crisps;
- Sweets;
- Chocolate;
- Fizzy drinks;

4. 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

Our catering team offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

Food allergy and intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. Our catering team are made aware of any food allergies/food intolerance. Requests for special diets can be submitted through the school office. The school office can also be contacted for any queries relating to the Food Information Regulations 2014 – Allergen labelling.

5. 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 and our support consultants about legal requirements.

MONITORING AND EVALUATION

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed periodically by xxxx, school council, SNAG and the governing body.

All reports on the Whole School Food Policy and its findings will be published in the school's newsletter

Date policy adopted: 3rd September 2018

Signed (Chair of Governors):

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Policy review date: every 3 years