




<h1>Food Policy</h1>	
Governing Board with Responsibility	Full Governing Board
Reviewed/Revised	January 2019
Date of Next Review	January 2022
Agreed by Governors	28.03.2019
Additional Notes	This policy should be reviewed at least every 3 years or before if there is a request from a member of the Governing Board or Headteacher or if there is a change in legislation.



**PRINCESS FREDERICA IS A NUT FREE SCHOOL**

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**Aim of Whole School Food Policy**

The aim of this Food Policy is to ensure that all aspects of food and drink in our school promote the health and wellbeing of pupils, staff and visitors to our school. We will accomplish this through education and skills development in the classroom, the food we serve and by working with parents/carers and in the wider school community.

**Introduction and Overview**

Our school has taken a “whole school” approach to creating this Food Policy. We take the health and wellbeing of our pupils very seriously, and it is our intention that we co-ordinate all the factors that contribute to promoting healthy eating in our school. This policy links the curriculum, consumption of food and drink at school, school meal times, snacks, parent liaison and school events, so that all pupils are given the best opportunity to learn about and practice healthy eating.

In recognition of Ofsted’s requirement that each school has a comprehensive Food Policy, we are bringing together in this policy document all the considerations that contribute to healthy eating activities in our school. We recognise increasing public concern about the quality of children’s diets which has contributed to the increase of child obesity and diet-related ill health. A key part in this is the low consumption of fruit and vegetables by children. We also recognise that, for some of our pupils, the school meal is their main meal of the day, and that we are responsible for ensuring that all children have access to healthy food and good information about a healthy, balanced diet.



## **Whole School Approach**

1. Integrate all school activity to ensure a whole school approach to healthy eating
2. To link the curriculum and classroom teaching with snacks, school mealtimes and adequate exercise
3. Support and train all school staff to ensure an integrated approach to promoting healthy eating, exercise and fitness

A whole school approach demands that all the staff working with children meet together and join up the work they are doing with the children. The classroom teaching on healthy eating should be backed up in practice by staff helping children make healthy food choices at meal times. Also, food consumed on the premises at all events takes account of our Whole School Food Policy and approach to healthy eating.

- staff are aware of the nutritional standards for schools, especially what makes up a balanced meal.
- CPD helps staff to work together to connect the teaching about healthy eating in the classroom with snacks and meal times.
- Catering staff are closely involved with children at mealtimes to reinforce healthy eating message.
- School meals and packed lunches to be discussed as a regular agenda item within the School Council
- That healthy diets also comprise foods that contain fat and sugar and that an occasional treat such as a biscuit from a cake sale is fine.

## **Healthy eating and healthy choices**

1. To promote healthy eating and its benefits for all pupils
2. Encourage children to eat more fruit and vegetables
3. Promote drinking plenty of fresh water throughout the day
4. To provide a positive environment for pupils to eat their lunch

We have a commitment to:

- Ensure all pupils have enough time to eat their healthy lunch
- Ensure that there are healthy eating displays in the hall
- Ensure the lunch time menu is published and accessible for all
- Devise and implement strategies to encourage and reward good table behaviour
- Extend practice of having school lunch and packed lunch diners sitting down and eating together
- Ensure that pupils bringing packed lunch dispose of their rubbish appropriately (compost and recycle if possible).
- Ensure the healthy food policy links to the Extended Schools programme
- Participate in national events and initiatives
- Promote gardening club and the growing of fruit and vegetables in school



## Healthy and high quality food

1. Ensure that all the food and drink provided or for sale within the school is healthy and available to all
2. To provide healthy menus that meet or exceed the National Nutritional Standards for all school meals
3. To support children in developing a taste for foods low in salt, sugar and fat
4. To offer inclusive food provision for all pupils

We define a healthy diet as:

- A balanced diet with plenty of variety and enough energy for growth and development.
- Plenty of fibre-rich starchy foods such as bread, rice, pasta, potatoes and yams.
- Plenty of fruit and vegetables (5 portions a day are recommended)
- Not too much saturated fat
- Moderate amounts of dairy products
- Moderate amounts of meat, fish or alternatives
- Not having sugary foods and drinks too often.

We promote children drinking plenty of water. Water is freely available to pupils throughout the day, including in classrooms. We only permit water, plain fruit juice or milk to be consumed on school premises by pupils.

We use best endeavours to ensure that we provide food which is prepared that day from fresh locally sourced produce wherever possible, including meat sourced exclusively from the EU, and avoids the use of ingredients such as artificial food colourants, flavourings and trans-fats.

The head chef involves mealtime supervisors/LSAs, catering staff and the School Council in the menu choice for the school, to ensure that healthy food popular with the pupils are selected and encouraged. All the food provided in the school is fresh and suitable for the children in the school. The set menus follow the Nutritional Standards and Regulations for Schools as laid out in:

- School Standards and Framework Act 1998: Section 114 ([www.legislation.hmsso.gov.uk](http://www.legislation.hmsso.gov.uk))
- Nutritional standards are set out in the Education Nutritional Standards for School Lunches (England) Regulations 2000 (SI2000/1777) [www.hmsso.gov.uk](http://www.hmsso.gov.uk)

## Parents and Healthy Eating

Parents have significant responsibility for monitoring the nutrient intake of their children, and we will work with them to ensure that they are aware of the benefits of eating healthily. To achieve this objective, we will

- Communicate about our Food Policy to all parents.
- Provide parents with the menus for all school meals via the school website
- Offer annual tasting promotion days for food in schools and Promote the behavioural benefits of healthy eating



- Provide parents with guidance for healthy packed lunches including lists of items not permitted at any time such as fizzy drinks
- Invite parents to join the school at meal times to share lunch with the children on certain special occasions.

### **Food provision for all pupils.**

It is our aim that all children eligible for free school meals receive it and that the school meals provided are appropriate to our school community and reflect the differing needs of all. All children provided with a Universal Free School Meal (Reception to Year 2) will be provided with a free school lunch. We will aim to:

- Monitor school meal take up closely, ensuring that children who are eligible for free school meals receive them.
- Ensure that the food offered by the catering service reflects the ethnic needs of the school community and pupils are able to eat food appropriate to their religious or social beliefs.

### **A Healthier Lunchbox**

In order for the whole school to adopt a healthy eating standard we are committed to working with children and parents to ensure that children who bring lunches to school only bring in healthy foods. Government guidance suggests conducting a lunch box audit and requests that schools issue guidance to parents about the lunch box contents.

A Healthier Lunchbox should include:

- A good portion of starchy food e.g. wholegrain bap, thick sliced wholemeal or white bread, pitta bread, pasta, couscous, noodles or rice salad.
- Plenty of fruit and vegetables e.g. an apple, Satsuma, handful of cherry tomatoes or carrot sticks.
- A portion of milk or dairy food, e.g. portion of cheese or pot of yoghurt.
- A portion of lean meat, fish or alternative e.g. ham, tuna, egg, lentils, kidney beans, chickpeas and falafel.
- Include oily fish, such as salmon, at least once every three weeks.

To help children to enjoy their packed lunch they will be given a tray to put out the food from their lunch box. Water will be freely available.

House groups have agreed what we should allow in packed lunches to make sure everybody eats healthy food in school. This will be revisited on an annual basis.



<b>Great foods for packed lunches</b>	
<ul style="list-style-type: none"> <li>-Soup or pasta in a thermos flask</li> <li>-Vegetables like carrots, broccoli and cucumbers</li> <li>-Sandwiches with egg, canned fish or lean meat</li> <li>-Yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>-Fruits like Satsuma's, apples and bananas, strawberries and pears</li> <li>-Cubes of cheese</li> <li>-Sushi</li> <li>-Dried fruit pieces</li> <li>-Fruit juice with no extra sugar</li> </ul>
<b>Foods you could have once or twice a week</b>	<b>Foods not allowed in school at all</b>
<ul style="list-style-type: none"> <li>Biscuits</li> <li>Cake</li> <li>Pretzels or savoury baked biscuit snacks</li> <li>Jam sandwich</li> <li>Custard</li> </ul>	<ul style="list-style-type: none"> <li>Crisps</li> <li>Peanut butter</li> <li>Chocolate bars</li> <li>Chocolate spread</li> <li>Pesto (unless homemade without nuts)</li> <li>Anything containing nuts</li> <li>Anything containing Sesame Seeds</li> <li>Any drink with added sugar</li> <li>Donuts or popcorn</li> </ul>

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