



## FOOD POLICY

### 1. Responsibilities

We wish to ensure that all aspects of food and nutrition in school promote the health and well-being of students, staff and visitors to the school.

The school recognises the importance of the connection between a healthy diet and a student's ability to learn effectively and achieve high standards. We also recognise the role a school can play, as part of the larger community, in promoting family health and awareness of sustainable food and farming practices.

### 2. Aims

- To improve the health of staff, students and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To increase students' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and the environment.
- To ensure students are well nourished at school, and that every student has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and students, e.g. religious, ethnic, vegetarian and allergenic needs.
- To make the provision and consumption of food a safe and enjoyable experience.
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that do not support them.
- To monitor menus and food choices to inform policy development and provision.

### 3. Objectives

<b>3.1</b>	<b>The school's food service</b>
	The school controls the catering on the site and must meet the new nutritional standards for school meals (19 May 2006) and non-school meal food provided in school. It will ensure that all food sold in vending machines or sold in the canteen meets these standards. The school must offer the following food groups as part of the main school meal:

**Fruits and vegetables -**

these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)

- 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)

<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 three times per week</li> <li>▪ Fish shall be available twice 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>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided they:</p> <ul style="list-style-type: none"> <li>▪ 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>▪ are not "economy burgers" as described in the Meat Products (England) Regulations 2003</li> <li>▪ contain none of the prohibited types of offal. N.B Mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products).</li> </ul>
<p><b>Starchy foods (also see additional requirement on deep frying below) -</b>  these include all bread (e.g. chapattis), 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 for which 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>	<p>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.</p>
<p><b>Milk &amp; dairy foods -</b> Inc. milk, cheese, yoghurt (inc. frozen &amp; drinking), fromage frais, and custard</p>	<p>A food from this group should be available on a daily basis.</p>
<p><b>Drinks</b></p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>▪ plain water</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>▪ 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>
<p><b>Water</b></p>	<p>There should be easy access to free, fresh drinking water.</p>

<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. The only savoury snacks available should be nuts and seeds with no added salt or sugar.

<b>3.2 School meal themes days/weeks</b>			
	The school will expand its school menu when necessary to support any themes days/weeks, such as:		
	<table border="0"> <tr> <td> <ul style="list-style-type: none"> <li>▪ Christmas and Easter</li> <li>▪ Chinese new year</li> <li>▪ International themes</li> </ul> </td> <td> <ul style="list-style-type: none"> <li>▪ Historical themes</li> <li>▪ Taster days</li> <li>▪ Curriculum theme days</li> </ul> </td> </tr> </table>	<ul style="list-style-type: none"> <li>▪ Christmas and Easter</li> <li>▪ Chinese new year</li> <li>▪ International themes</li> </ul>	<ul style="list-style-type: none"> <li>▪ Historical themes</li> <li>▪ Taster days</li> <li>▪ Curriculum theme days</li> </ul>
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<b>3.3 School Curriculum</b>			
	<p>As part of the work that students do for sciences, food technology and for personal development education (PD), they will be taught:</p> <ul style="list-style-type: none"> <li>▪ The components of a healthy diet</li> <li>▪ The importance of healthy eating both now and in the future</li> <li>▪ Design a menu for school/at home lunch/breakfast/evening meal</li> <li>▪ Cost of menus, etc</li> <li>▪ Food in history</li> </ul> <p>Students will also be encouraged to participate in extra curricular activities, including:</p> <ul style="list-style-type: none"> <li>▪ After school cookery clubs</li> <li>▪ Caterer's talks about the changes in school meals and nutritional standards</li> <li>▪ Breakfast clubs with cooks and/or volunteers</li> <li>▪ Healthy foods at year discos, camping in the grounds, etc</li> </ul> <p>The school will enlist the help of its school catering manager to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.</p>		
<b>3.4 Packed Lunches</b>			
	<p>The school recognises the benefits of a well balanced school meal for students, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.</p> <p>A student's lunch should include only the following:</p> <ul style="list-style-type: none"> <li>▪ A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad</li> <li>▪ Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc</li> <li>▪ Cereal bars</li> <li>▪ A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.</li> <li>▪ Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.</li> <li>▪ A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)</li> </ul> <p>Parents are advised to include an ice pack. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The school cannot take legal responsibility for foods prepared at home and then brought into school.</p>		

	<p>In addition, the school requests that parents do not include the following items in packed lunches:</p> <ul style="list-style-type: none"> <li>▪ Sweets (including Winders), chocolate, etc.</li> <li>▪ Crisps or any packeted savoury snacks high in salt and fat</li> <li>▪ Fizzy drinks/sugary drinks</li> <li>▪ Sweet cakes, e.g. sugary cakes, doughnuts, etc.</li> <li>▪ Foods containing salted nuts, etc.</li> <li>▪ Packets of salted nuts</li> </ul>
<b>3.5</b>	<b>The School Canteen</b>
	<p>The school will provide a clean, sociable environment, indoors and out, for students to eat their lunch. In doing so, the school requests students adhere to the following rules:</p> <ul style="list-style-type: none"> <li>▪ All students are encouraged to sit at a table in order to eat their lunch</li> <li>▪ All litter, from lunch boxes brought in from home, must be disposed of in the bins provided or taken home at the end of the school day</li> <li>▪ Students are expected to behave whilst eating their lunches, be polite and helpful</li> <li>▪ Catering staff should thank students for using the facilities, as students should thank them for their help and assistance</li> <li>▪ Students leave the area where they have eaten their lunch in a reasonable clean and tidy condition</li> </ul>

#### **4. Monitoring and Evaluation**

The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met.

This policy, its procedures and activities, will be monitored and reviewed periodically.

Any changes to the Food Policy and its findings will be published to Governors and in the school's newsletter.