



Model Whole School Food Policy

What is a whole school approach and why should our school have one?

A whole school food policy can significantly impact on the health and well-being of pupils and staff. Given the increasing evidence concerning obesity levels and the associated illnesses relating to poor diet, there is a growing recognition that schools can make a major contribution to improving the health and well-being of both pupils and staff, as well as their families. Children that eat a healthy, well balanced diet are able to concentrate well within class and are more likely to be receptive to learning.

Successful approaches are those in which messages about food and nutrition taught in the curriculum are echoed and reinforced by the type of food and drink provided in school through catering, tuck shops or vending. They are planned and systematic, involve teachers, caterers, parents and pupils and encompass the overall ethos and environment of the school.



WHOLE SCHOOL FOOD POLICY

INSERT SCHOOL NAME

INTRODUCTION

(In this section explain why the food policy is in place/the purpose of your food policy.)

There is growing evidence demonstrating eating well will have a positive effect on children's and young people's attainment, concentration, behaviour and their development of establishing lifelong positive attitudes towards food.

The School food plan was launched in July 2014 and outlines how schools should provide an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat, developing habits from a young age.

This policy demonstrates how the school will create a whole school approach to food and nutrition and will cover all aspects of food and drink at school.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people ***(Include details of any healthy eating working groups, e.g. School Nutrition Action Group (SNAG and consultation with parents etc.)***

The policy is referred to in the school prospectus/profile 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.

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by ***(insert name of co-ordinator here)*** and the member of the Senior Management Team that oversees all aspects of food in school is ***(insert name of SMT here)***.

FOOD POLICY AIMS

(List your aims here)

The main aims of our school food policy are:

1. To provide balanced food/drink choices throughout the school day and ensure food brought into school is adhere to national standards set by the government <http://www.schoolfoodplan.com/standards/>
2. To enable pupils to make informed food choices through the provision of information and development of appropriate skills and attitudes.
3. To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

(In this section add a statement re valuing individuals and striving to provide equal access of opportunity for all.)

2. CURRICULUM

Things to consider and include in this section:

- Detail links to your Design and Technology Curriculum, including cooking, science and PSHE curriculum.
- Do you offer any extra curricular activities which complement classroom learning e.g. cookery, growing clubs, fruit and vegetable tuck shop.

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.

There are numerous opportunities the curriculum for pupils to develop knowledge of health and you need to explore and include them here.

TEACHING METHODS/ RESOURCES

In this section include:

- Statements re your approach to teaching food and nutrition
- Resources used and how you ensure consistency and ensuring they are up to date, resources include; Change for life, EatWell Guide.
- Do you have copies of the School Food Trust food and nutrient guidance documents www.schoolfoodtrust.org.uk
- Consider methods used to link classroom activities and learning about food
E.g. do you use 'food a fact of life' or similar programme, organise food tasting, debate food issues, design balanced meals?

3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National standards for School food were developed in 2008 following research showing that children were not making healthy food choices throughout the school day and that school meals did not meet their nutritional needs.

In January 2015, new Standards for School food were introduced covering all aspects of school food including food served at lunchtime, at mid-morning break, within vending and during breakfast and after school clubs.

Details of these standards can be found at: <http://www.schoolfoodplan.com/standards/>

BREAKFAST CLUB (if applicable to the school)

Breakfast is an important meal during the school day that should provide 25% of a child's energy requirement and contributes significantly to their vitamin and mineral requirements. Children who don't have breakfast may have low blood sugar and be dehydrated, which can affect their ability to concentrate within school.

The school operates a breakfast club (**INSERT days/times and cost**) that provides a balanced meal for pupils before the school day.

The breakfast is compliant with the Standards for school food other than lunch and daily items include:
(Include menu of foods available)

SCHOOL LUNCH

As food and drink eaten at lunchtime provides children with a third of their daily intake, we want to ensure we are creating an environment where by we are encouraging children to eat a balanced meal at lunchtime meeting their nutritional requirements.

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. The school office is able to advice on the process for obtaining a free meal for those families that are eligible.

Food prepared by the B&NES School catering service meets the standards for School Food. Further details of the catering service can be found at: <http://www.bathnes.gov.uk/services/schools-colleges-and-learning/school-meals-and-catering/school-catering>

Children/young people are consulted about food choices (**include here methods of consulting children and young people, e.g. surveys, questionnaire, SNAG**) and menus are available on the schools website

PACKED LUNCHES

This section will provide families with guidelines of foods and drinks we encourage children to eat as part of a balanced diet at lunchtimes and the help create consistency between packed lunches and food provided by schools which must adhere to national standards set by the government.

In order for packed lunches to meet the same standards for school meals, please use the following recommendations to ensure children get the essential variety and balance needed:

- ✓ At least one portion of fruit **and** one portion of vegetables **every day** – provide a variety over the week, including sliced fruit, grated carrot in sandwiches, cucumber and pepper sticks
- ✓ One portion of starchy food such as any type of bread, cooked pasta, rice, couscous, noodles, potatoes **every day** (try to include a wholegrain variety regularly too)
- ✓ One portion of meat, fish or other non-dairy source of protein (e.g. sliced meat, sliced boiled egg; pulses such as lentils, beans or chickpeas as part of a salad or hummus for dipping vegetables in) **every day**
- ✓ Dairy food such as cheese cut into cubes or grated in a sandwich, small pot of yoghurt*, or fromage frais* **every day**
- ✓ Water (still or sparkling) **every day**

***These should be natural or low sugar where possible and not include chocolate or sweets**

To ensure children are having the right balance of food and drink across the day, it is recommended that high sugar, fat and salt items are not included in packed lunches. As children have other opportunities to consume these items when not at school, we respectfully ask for the following items not to be included in packed lunches:

X Crisps

- ✓ Try savoury crackers/breadsticks if you wish to include another small starchy food item

X Confectionery e.g. chocolate, chocolate-coated biscuits/bars, sweets

- ✓ Try a small piece of homemade cake, flapjack or cookie, especially those with added fruit. Puddings provided at school meals are homemade containing less sugar than similar shop bought products and contain 50% fruit (from weighed raw ingredients).

X Processed meat products e.g. sausage rolls, pies, tinned meat, sausages, salami sausages as these can be high in fat and salt

X Sugary drinks (especially fizzy)

✓ Try fruit juice diluted (half water half juice is best) but water is always available for children so additional drinks aren't necessary

Include here methods of promoting and encouraging parents to provide healthy packed lunch options – newsletters, promotional materials, events.

MID- MORNING BREAK

The school understands that a snack at mid-morning break can be an important part of the diet of children and young people and can contribute positively towards a balanced diet.

(insert here what your school policy is for snacks for example:)

The school discourages the consumption of snacks high in fat and sugar at break-time such as fruit winders, yo yo bears, confectionary items and therefore we encourage a fruit only policy for break time snacks as this positively enhances the free fruit in key stage 1.

(You may include advice you give to parents on healthy snacks here and how you relay this information - newsletters/school prospectus)

We participate in the National Fruit Scheme ***(detail here how your school distributes the fruit)***

TUCK SHOP

We provide a tuck shop at mid-morning break should pupils wish to purchase a snack. The tuck shop is compliant with the Standards for school food other than lunch and items for sale include:

(A list of foods and drinks available in your school tuck shop could be inserted here)

AFTER SCHOOL CLUB

The food and drink provision at our after school club is in line with the Standards for School Food other than lunch.

Include consultation you have had with the leaders/staff of the facility/menus of food served.

USE OF FOOD AS A REWARD/SPECIAL OCCASIONS

So that we can ensure a balance across the day; manage allergy and dietary requirements and respect families own choices around giving their children 'treats' we ask that you do not bring in food as a gift to mark a special occasion.

[You will need to include here how you mark a child's birthday, hold a Christmas party, welcome postcards from holidays to show and talk to children about etc. How do you ensure special occasions do not go unmarked?]

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, academic or other achievements. Other methods of positive reinforcement are used in school.

DRINKING WATER

The school 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.

(How the water will be provided and what is allowed in your school re water bottles etc should be inserted here)

4. 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

School caterers offer a vegetarian option at lunch everyday.

SPECIAL DIETS - MEDICAL

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, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Menus will provide information about which of the items contain any of the 14 allergens (which, by law, consumers must be informed about) or will signpost where this information can be found.

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

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 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.

(Include here how you cover food safety issues; note here which member/s of staff hold relevant certificates.)

6. THE FOOD AND EATING ENVIRONMENT

The school will provide a clean, sociable environment for pupils to eat their lunch and has developed the dining environment for pupils taking on board recommendations within the school food plan. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and support pupil where needed.

(Include any initiatives or plans you have to improve your school-eating environment – e.g lunchtime helpers, table cloths, top table award, special events e.g. charismas meal)

7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers, lunchtime supervisors and school nurses 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. (*Insert in here ways in which staff will be kept up to date with Food in School issues*)

It is essential that staff are committed to setting an example with food in school.
(*Include here how food in the staffroom compliments the food culture in school.*)

8. DISSEMINATION OF THE POLICY:

Schools to delete as appropriate below

The school will write to all new and existing parents/carers to inform them of the policy via the school newsletter.

The policy will be available on the school's website and will be incorporated into the school prospectus, assemblies, web portal etc.

The school will use opportunities such as parents evenings and Healthy Living weeks to promote this policy as part of a whole school approach to balanced eating.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

9. REVIEW AND MONITORING

Schools and settings need to decide how they will monitor adherence to the policy and particularly the packed lunch section – delete as appropriate below:

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch helpers

If a child's packed lunch does not continually conform to the policy then the school may contact the parents to discuss this.

Include details about how your school menu's will be reviewed including your lunchtime menu, food provision at breakfast, tuck shop and at after schools clubs.

The policy will be reviewed every two years in consultation with our Senior leadership team, Director of Public Health Award Co-ordinator, parent and pupil forum.

Date policy implemented:

Review Date: