



**C**aring **A**chieving **R**espectful **E**xciting

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# Whole School Food Policy

**School Leader:** M Richardson

**Link Governor:** L Newby

**Policy Approved**      **Signed: L Newby**      **Date: 03.07.14**

Policy Reviewed      Signed: L Newby      Date: 18.06.15

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## **School Food Standards**

**These Guidelines and Codes of Practice are recommended  
for adoption by Governing Bodies and follow Statutory  
Guidelines from the Department for Education**

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## 1. Introduction

- At Hardwick Primary School we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports, and is supported by, the provision and opportunities for eating and drinking within school.
- We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.
- We understand that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships, and inter-generational bonds.
- School has been awarded National Healthy School status.

## 2 Legal framework

This policy has due regard to statutory legislation, including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Products Containing Meat etc. (England) Regulations 2014
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Education Act 1996 (as amended)

This policy also has due regard to guidance, including, but not limited to, the following:

- DfE 'School food in England' 2016
- The School Food Plan 'School Food Standards: A practical guide for schools their cooks and caterers' 2014

## 3 Aim

- To make a positive contribution to children's health and healthy school status
- To encourage a happier and calmer population of children and young people
- To promote consistency between packed lunches and food provided by school adhering to national school food standards.
- To ensure that all aspects of food and nutrition in school promote health and wellbeing of children, staff and visitors to our school.
- To provide a wide range of food that looks good and tastes delicious.
- To help children, staff and parents develop healthy eating habits

### 4 Objectives

- To ensure information relating to food and nutrition in the curriculum is consistent and up to date.
- To ensure that water is freely available during the school day.
- To ensure that water and fruit juice are available at lunchtime to promote healthier eating and drinking.
- To have fruit daily at morning break for all Foundation and KS1 children
- To offer free milk for children under the age of 5 and the opportunity for parents to purchase milk for older children.
- To encourage healthy food choices by providing a salad bar which all children are encouraged to use, including children who bring packed lunches
- To support National Food Week each November to promote healthy eating and drinking messages across school
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and children.
- To integrate health eating into all aspects of school life, in particular, food provision, the curriculum, pastoral and social activities.

### 5 School Dinner

#### School will follow the School Food Standards to meet Nutritional Guidelines

All parents will be encouraged to allow their child to have a school dinner and school will maintain a low cost, break even objective to support all families.  
School meals will have one or more portions of the following daily using fresh ingredients whenever possible:

- Starchy Foods
- Bread
- Fruit and vegetables
- Milk and dairy
- Fish, eggs, beans
- **Meat once a week**
- Healthy drinks
- No more than two portions of food will be offered that have been deep fried, batter-coated or breadcrumb-coated, each week.
- No more than two portions of food which include pastry each week.
- No confectionery, chocolate or chocolate coated products
- Salt will not be available to add to food after it has been cooked.
- Combination drinks e.g. juice will be limited to 330 mls. Fruit juice combination drinks will be at least 45% fruit juice.
- **Reducing use of sugar in recipes**

- Children will be encouraged to select at least one portion of vegetable or fruit every day.
- The school will provide free school meals to all those children entitled to them.
- Menu's will be updated every term and published on the school web site, placed on the noticeboard in each classroom and be distributed to all parents.

### **6 Special Diets and Allergens**

- Parents will advise school of known allergens supported by a letter from the child's medical practitioner.
- School will work with children, parents, and school health team, to provide a nutritious healthy meal free of the specified allergens.
- The children's name, photo and listed allergens will be available and clearly documented in the school kitchen, classroom and all staff who work with the child.

### **7 Packed Lunches**

School will provide facilities for pupils bringing in packed lunches and ensure that salad and fresh drinking water is readily available.

The school will work with parents to ensure that packed lunches include the following:

- At least one portion of fruit and one portion of vegetables every day
- Meat, fish or other source of non dairy protein e.g. lentils, kidney beans, chickpeas, peanut butter, humus and falafel) every day.
- Oily fish such as salmon, pilchards at least once every three weeks. Tuna occasionally.
- A starchy food e.g. bread, pasta, rice, couscous, noodles, potatoes, or other types of cereal
- Dairy food e.g. milk, yoghurt, cheese, fromage frais or custard every day.
- Only water, fruit juice, milk, yoghurt or milk drinks and smoothies

Packed lunches should not include:

- Snacks such as crisps (instead include nuts, seeds, savoury crackers, breadsticks)
- Confectionery such as chocolate bars, chocolate covered biscuits, and sweets. (a cake or biscuit are allowed)
- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Fizzy drinks

School will work with parents and children to promote healthy eating choices.

Children will not share their lunches and will take home any items not eaten.

Parents will send packed lunches in the morning; no hot meals will be brought into school for children to eat.

Packed lunches will be regularly reviewed by staff and parents and pupils who do not adhere to the Whole School Food Policy (Packed Lunch) will receive a leaflet informing them of the policy. if unhealthy items found, a school meal will be offered for children whose lunch does not meet food safety guidelines and parents informed by the Teaching Assistant.

If a child regularly brings a packed lunch that does not meet the Whole School Food Policy teachers will call parents to discuss this.

### **8. Purchasing food**

- All food items are purchased from reputable suppliers to ensure compliance with quality standards:
- The school places stringent contractual demands on catering suppliers in support of legislative requirements and favourable trade operating practices.
- All food products and ingredients are checked for acceptability, i.e. nutritional specifications, genetically modified organism requirements and nut ingredients.
- All products identified as acceptable for inclusion in our range are compared for ingredient and nutritional value against set specification criteria before being incorporated into the menus.
- The school continues to place emphasis on customer response to new products; throughout this process, the school will liaise and consult with the school community, including parents, to ensure acceptable quality.

### **9. School Trips**

School will provide a packed lunch for all children entitled to Free School Meals following the Packed Lunch guidelines.

### **10. Food in the Curriculum**

All staff will follow the School Food Standards when using food in the classroom.

### **11. Breakfast Club**

Breakfast will be readily available for all children who are entitled to Free School Meals.

School will offer a variety of choice from the following during each week:

- Cereal
- Toast
- Beans
- Vegetarian sausage
- Eggs
- porridge
- Drinks - to include milk fresh water or fruit juice combination drink minimum 45% fruit juice

### 12. Nurture Group

Children will learn about healthy food choices and will prepare from a variety of ingredients healthy snacks which will include crackers, bread, cheese, peanut butter, crumpets, vegetables, fruit, and drink to include fresh water, milk, smoothies, combination juice drink with low sugar.

### 13. Tuck Shop

A Tuck Shop will run every Wednesday offering children the opportunity to spend no more than 50p on a selection of healthy snacks.  
E.g. breadsticks, raisins, cereal bars.

### 14. School Meals Committee

Members of the school community including member of SLT, Catering Manager, Lunchtime Supervisors, Teachers and children will meet each term to review menu choices, dining room arrangements, and lunchtime provision.

Menu's will reflect parents' pupils' staff preferences, cultural, religious and special dietary needs.

Pupils' and staff feedback will be encouraged and, where possible, changes made to increase customer satisfaction.

### 15. Parents

Parents will support school in promoting Healthy Eating in school.

Parents will send packed lunches in the morning, no hot meals will be brought into school for children to eat.

Parents' feedback will be encouraged and where, possible, changes made to increase customer satisfaction.

### 16. Community Group

The Community Group will actively work with parents/carers in promoting healthy eating and ensure parents understand healthy choices and portion control.

### 17. Treats and Rewards

We aim to encourage children to understand that we should eat a variety of food to stay healthy and that having treats is part of a healthy attitude to food. The Requirements for School Food Regulations 2014 do not apply to food that is provided:

At parties or celebrations to mark religious or cultural occasions.

At occasional fund-raising events.

As rewards for achievement, good behaviour or effort.

For use in teaching in food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.

On an occasional basis by parents or pupils.

### **18. Monitoring and Evaluation**

This policy will be reviewed in line with Government guidance and the School Food Standards by the School Meals Committee.

This policy will be linked to PSCH Policy, Curriculum, Food technology and Science.