Whole School Food Policy

Date Approved	Committee responsible for review of policy	Next Review Date	Policy on Website	Statutory Policy
May 2024	Headteacher	May 2027	Yes	No

Headteacher: Mrs Emma Humphrey

1 RATIONALE

1.1 At Anstey Junior School, we believe that every child has a right to be safe and healthy. As a school, we have always prided ourselves in providing the best education for our Children. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending class.

1.2 Our belief is that a balanced, healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

1.3 This policy has been developed in consultation with representatives of:
The Teaching Staff
The Governing Body
Parents
Pupils (School Council)

1.4 The policy and future amendments to the Policy will be communicated clearly and consistently to pupils, parents and staff (website, school council, staff meetings)

Regulations This policy is based on 'The Requirements for School Food (England) Regulations 2014' which come into force on 1st January 2015. These Regulations apply in relation to food provided to pupils of schools maintained by a local authority in England. The previous regulations 'The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007' were revoked on 1st January 2015.

2 BACKGROUND

2.1 In the past, as part of the curriculum and to improve the well being of our children, we have:
Allowed children to bring in water containers
Achieved accreditation as a Healthy School
Encouraged pupils to bring in healthy snacks
Provided two hot meals each day to choose from.

2.2 This policy will also cover the following:
School meals
Non-school lunch packs
Food provided at the school, other than school meals
Healthy eating, as part of the curriculum

3 Purpose

3.1 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 and meet the 2014 regulations.
3.2 To emphasise healthy eating messages as part of the school's shared vision, ethos and values.
3.3 To raise awareness of all aspects of food and nutrition.
3.4 To set out a co-ordinated approach to food, ensuring consistency between the formal curriculum and food provision in school.

3.5 To provide a calm, ordered environment for lunch conducive to mutual respect, good behaviour and positive social interaction.
3.6 To encourage good hygiene when handling and eating food (DT, Science, lunch time)
3.7 To ensure that food provision in the school reflects religious, ethnic, medical and allergenic needs. Children with specific diets or allergies are identified and regular staff training in the use of epi-pens is given.
3.8 To provide parents/carers with information on all aspects of food in school. Information about our food and water policy is made available in our handbook for new parents and newsletters. This policy will be available for parents to read.
3.9 To encourage the eating of fruit and vegetables (fruit snack, lunches)

4 Curriculum

4.1 To teach children within the curriculum about which foods are the healthy option (science, food technology, PSHE) and to continue to include work associated with healthy balanced diets in the curriculum.
4.2 To provide a cross curricular education that enables pupils to make informed choices about a balanced diet and to develop healthy eating and drinking habits that will last a lifetime.
4.3 The whole-school policy will encompass nutrition education in the curriculum.
Healthy eating will be covered within the personal, social and health education (PSHE), the Design and Technology and the Science curriculum.
4.4 Children will have opportunities to cook and prepare food (this is statutory in the new 2014 curriculum).
4.5 Pupils will be made aware of the healthy eating policy throughout the curriculum and through the School Council.
4.6 Healthy eating messages will be taught as part of looking after yourself.
4.7 The importance of food groups and the role they play in promoting growth and strong, healthy bodies will be incorporated into the curriculum.
4.8 At least one member of staff to be trained in food hygiene
4.9 The school can also arrange for advice and assistance about healthy eating issues.
4.10 Families will be encouraged to join the MEND (Mind, Exercise, Nutrition… Do it!) programme if a child is overweight.
4.11 PE lessons will be fun to encourage children to develop a love of sport and so be active and fit in later life.

5 Water

5.1 To encourage the drinking of water – children may bring in their own water in bottles to have in the classroom, or drink from the water fountains.
5.2 To ensure that water bottles are taken home each day to be washed and refilled.
5.3 Water bottles are taken out to games lessons and on trips.

6 Break time snacks

6.1 Pupils are actively encouraged to bring fruit or vegetables to school to eat at break times. Crisps, sweet biscuits and chocolate bars are not allowed. This is to be emphasised regularly in newsletters and parents will be contacted if their child consistently breaks these rules. Children eat the break time snacks in class and are praised for healthy options. Teachers also talk about what healthy eating is whilst children eat the snacks.

7 Lunch times

7.1 To encourage healthy lunches – the meals provided by the school meals service (HC3S) meet the current Government nutritional standards.

7.2 The school and its caterer must meet the new nutritional standards for school meals 'The Requirements for School Food (England) Regulations 2014' which come into force on 1st January 2015. These Regulations apply in relation to food provided to pupils of schools maintained by a local authority in England. The previous regulations 'The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007' were revoked on 1st January 2015

7.3 The school through its caterer/food provider now must offer the food groups as listed in Appendix 1 as part of the school meal and must offer milk during the school day.

7.4 The school will provide information on healthy foods that should be included in lunch boxes from home (Appendix 2). As parents/carers may provide lunch boxes for dietary or religious requirements swapping of food is not allowed. Any food that is not eaten should be taken home, so parents know what their child has or has not eaten.

7.5 The school will provide a safe and healthy eating environment for pupils, staff and visitors having lunch at midday in the school

7.6 The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch.

7.7 Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box

7.8 The school will reward pupils for good meal time etiquette, good behaviour and healthy eating (top table and lunch time legends).

8 The Dining Room

8.1 The physical restraints of the hall mean that there are two lunch sittings. The order of sittings is rotated on a weekly basis.

8.2 Lunch time supervisors will:

- Encourage pupils to wash their hands before eating;
- Ensure that fresh drinking water is available;
- Provide equal supervision to children eating packed lunch or school lunch;
- Encourage all pupils to eat the lunch they have been provided with;
- Provide active help for pupils who find the physical process of school dinners or packed lunches difficult – e.g. cutting food, opening packets or yoghurt pots;
- Ensure pupils remain seated whilst eating, observe good table manners and leave the area around their table clear of food and litter.

9 Conclusion

The school will always act positively to encourage each child to make informed decisions on how to choose a healthy, balanced lifestyle.

10 Monitoring and Evaluation

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed every 3 years by the PSHE Leader and the Governing Body.

APPENDIX 1 – FOOD GROUPS

The school through its caterer/food provider now must offer the following food groups as part of 'The Requirements for School Food (England) Regulations 2014' which come into force on 1st January 2015.

SCHEDULE 1 Regulation 4

Food Groups

Table 1

Food Group	*Food included in group*
A. Starchy food	All types of pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.
B. Fruit and vegetables (sub-divided as shown)	B1: Fruit of all types, whether fresh, frozen or dried. Fruit canned in water or juice. Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients) B2: Vegetables of all types, whether fresh, frozen or dried. Vegetables canned in water or juice.
C. Meat, fish, eggs, beans and other non-dairy sources of protein	Meat and fish (in each case whether fresh, frozen, canned or dried), eggs, nuts, pulses and beans, other than green beans. Other non-dairy sources of protein. Any food containing meat together with food from groups A, B or D
D. Milk and dairy	D1: Low fat milk and lactose reduced milk. D2: Cheese, yoghurt (including frozen), fromage frais, custard.
E. Drinks (sub-divided as shown)	E1: Plain drinks: Plain water (still or carbonated). Low fat milk or lactose reduced milk. Fruit juice or vegetable juice of no more than 150mls per portion. Plain soya, rice or oat drinks enriched with calcium. Plain fermented milk drinks. E2: Combination drinks of no more than 330mls per portion: Combinations of fruit juice or vegetable juice with— (a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150mls, and may contain vitamins and minerals; (b) low fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or

SCHEDULE 3

Requirements for food provided as part of a school lunch or otherwise

Starchy food

1. Food from group A which is cooked in fat or oil must not be provided on more than two days each week.

Meat, fish, eggs, beans and other non-dairy sources of protein

2.

(1) Subject to sub-paragraph (5), meat products may not be provided more than once each week in primary schools and twice each week in secondary schools, and where they are provided they must be provided in accordance with this paragraph.

(2) Any shaped product compromising a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Products Regulations may only be provided if it complies with the meat content requirements for "Burger" in that Schedule.

(3) No meat product shall be provided if it contains any carcase part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception in regulation 6(3) of those Regulations.

(4) No economy burgers as defined in Schedule 2 to the Meat Products Regulations may be provided.

(5) In respect of boarding schools, meat products may not be provided more than twice each week as part of a school lunch, and where they are provided (whether as part of a school lunch or otherwise) they must be provided in accordance with sub-paragraphs (2) to (4).

Foods high in fat, sugar and salt

3. No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated may be provided each week.

4. No more than two portions of food which includes pastry may be provided each week.

5. (1) No snacks may be provided, except for nuts, seeds, vegetables and fruit with no added salt, sugar or fat. **(**2) Where dried fruit is provided it must have no more than 0.5% vegetable oil as a glazing agent.

6. Confectionery must not be provided.

7. Salt must not be available to add to food after the cooking process is complete.

8. Condiments may only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.

Drinks

9. The only drinks that may be provided are those in group E, except that whole milk may be provided for pupils up to the end of the school year in which they attain the age of five.

SCHEDULE 4

Requirements for food provided otherwise than as part of a school lunch (this will apply to any after school club run by the school) **Fruit and vegetables**

1. Either fruit or vegetables, or both fruit and vegetables must be available in any place on the school premises where food is provided.

Foods high in fat, sugar and salt

2. Savoury crackers and breadsticks must not be provided.

3. Cakes and biscuits must not be provided.

4. Desserts must not be provided, except for yoghurt.

Appendix 2 Remember we are a nut free school

A child's lunch should include the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured) can include a treat, chocolate biscuit.

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. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders).
- Fizzy drinks/sugary drinks
- Sugary cakes, doughnuts, etc.
- Foods containing nuts.

Parents who have difficulty following these guidelines are requested to contact the school.