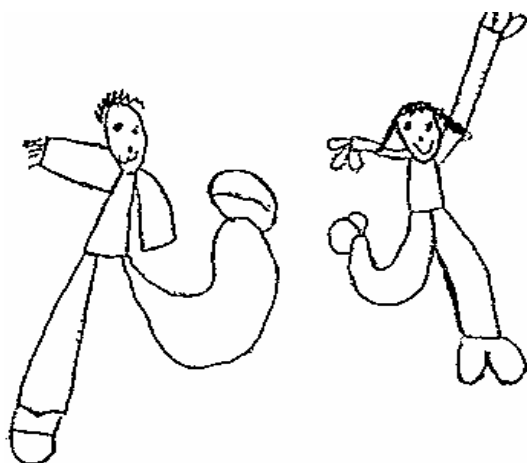




Bransgore
Church of England
Primary School

Food Policy



Healthy Schools

Revised by: Head, staff & governors:

Date: May 2010

Next Review: Summer 2013 or sooner if regulations / circumstances change

SCHOOL FOOD POLICY

RATIONALE

As a school, we always aim to provide the best education to the children and this ethos extends to promoting healthy eating patterns and taking a proactive approach to improving the health and well being of the children.

The school has achieved accreditation as a Healthy School and by introducing this Whole School Food Policy the school shows that it believes a balanced, healthy, nutritious diet is important for the development of a child's physical state as well as for their intellectual abilities.

This policy covers the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating as part of the curriculum

AIM

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.

OBJECTIVES

1. Working with the school's caterer

The school and its caterer must meet the new nutritional standards for school meals and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

- **Fruits and vegetables**

These include fruit and vegetables in all forms. 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). A fruit-based dessert shall be available at least twice per week in primary schools

- **Meat, fish and other non-dairy sources of protein**

These include meat, fish, eggs, nuts, pulses and beans. A food from this group should be available on a daily basis

- ❖ Red meat shall be available twice per week
- ❖ Fish shall be available once per week and oily fish shall be available at least once every three weeks
- ❖ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein

- **Manufactured meat products**

Manufactured meat products may be served occasionally as part of school lunches, provided that they meet the legal minimum meat content levels and are not "economy burgers" as set out in the Meat Products (England) Regulations 2003.

- **Starchy foods**

These include all bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal

- ❖ A food from this group should be available on a daily basis
- ❖ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week
- ❖ 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
- ❖ In addition, bread should be available on a daily basis

- **Deep fried products**
Meals should not contain more than one deep fried product in a single week. This includes products which are deep-fried in the manufacturing process
- **Milk and dairy foods**
This includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard. A food from this group should be available on a daily basis.
- **Drinks**
The only drinks available should be:
 - ❖ plain water
 - ❖ milk (skimmed or semi-skimmed)
 - ❖ pure fruit juices
 - ❖ yoghurt or milk drinks (with less than 5% added sugar)
 - ❖ drinks made from combinations (e.g. smoothies)

NB. Artificial sweeteners could be used only in yoghurt and milk drinks
- **Water**
There should be easy access to free, fresh drinking water.
- **Salt and condiments**
Table salt should not be made available.
- **Snacks**
The only snacks available from the school shall be rolls, juice or fruit.

2. The school and its caterer will consider school meal themes days such as:

- ❖ Potato day
- ❖ Bonfire night
- ❖ Chinese new year
- ❖ International themes
- ❖ Christmas
- ❖ Farm produce day
- ❖ Taster days

3. The school will include work associated with healthy balanced diets in its curriculum

As part of the work that children do for sciences, and for personal, social, health and citizenship education (PSHCE), they will be taught:

- ❖ The components of a healthy diet
- ❖ The importance of healthy eating both now and in the future
- ❖ Design a menu for school/at home lunch/Breakfast/evening meal
- ❖ Cost of menus, etc
- ❖ Measuring and weighing recipe games
- ❖ Have a growing club where vegetables can be grown by the children
- ❖ Food on the plate games
- ❖ Food in history
- ❖ Extra curriculum activities, such as Parent Induction Meetings and Caterer's talks about the changes in school meals and nutritional standards.

The school will 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.

4. The school will provide information on healthy foods that should be included in lunch boxes from home

The school recognises the benefits of a well-balanced hot school meal for children, 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.

The School recommends that 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)

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. 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 Fruit Winders, chocolate
- ❖ Crisps or any packeted savoury snacks high in salt and fat
- ❖ Fizzy drinks/sugary drinks
- ❖ Sweet cakes, e.g. sugary cakes, doughnuts
- ❖ Foods containing any nuts
- ❖ Packets of any sort of nuts

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

5. The School will provide and encourage a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- ❖ All children are required to sit at a table for at least ten minutes, in order to eat their lunch
- ❖ 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
- ❖ All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- ❖ Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, do not eat their lunch or skip lunch
- ❖ Children are expected to behave whilst eating their lunches, be polite and helpful to the caterers, lunchtime supervisors, visitors and each other.
- ❖ If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- ❖ If children are unsure of what the meal, or any meal item, is, they can ask the caterer or lunchtime supervisor to explain
- ❖ Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition
- ❖ School staff will reward the children by awarding stickers
- ❖ Parents can be invited to join their children for a school meal at a nominal fee

6. The school will appoint a school representative to be trained to Basic food Hygiene Standards

The school will ensure their representative will receive basic food hygiene training through the school meal provider.

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

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed annually by the Governing Body. Any reports on the Whole School Food Policy will be published on the school's website