



Achieve

Believe

Care



Tenterden Primary Federation Food Policy

Date: January 2018

Date of next review: January 2021

(This document is freely available to the entire school community. It has also been made available in the school newsletter, website and prospectus).

1 RATIONALE

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. 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.

In the past, as part of the curriculum and to improve the well being of our children, we have incorporated:

- Healthy eating days
- Provision of water containers for children
- Achieved accreditation as a Healthy School

We are now taking the work, already done on food in our school, a stage further by introducing a **Food Policy**. This policy will 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
- Extra curriculum activities, such as cookery clubs, etc

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**.

2 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.

3 OBJECTIVES

3.1 Working with the school's catering team

3.1.1 The school's catering team must meet the nutritional standards for school meals

(The Education(Nutritional Standards and Requirements for School Food)(England) Regulations 2007) and non-school meal food provided in school. The school through its catering team must offer the following food groups as part of the school meal and from September 2008 the nutrient standards::

<p>Fruits and vegetables -</p> <p>These include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> ▪ 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
<p>Meat, fish and other non-dairy sources of protein -</p> <p>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"> ▪ A food from this group should be available on a daily basis ▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools ▪ Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, 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
<p>Manufactured meat products</p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ol style="list-style-type: none"> i) 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 ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs,

	<p>rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.</p> <p>iv) A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.</p>
<p>Starchy foods (also see additional requirement on deep frying below) -</p> <p>These include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</p>	<ul style="list-style-type: none"> ▪ 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
<p>Deep fried products</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>Milk and dairy foods -</p> <p>Includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<p>A food from this group should be available on a daily basis.</p>
<p>Drinks</p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> ▪ plain water (still or fizzy); ▪ milk (skimmed or semi-skimmed); ▪ pure fruit juices; ▪ yoghurt or milk drinks (with less than 5% added sugar); ▪ drinks made form combinations of those in bullet points 1 to 4 on this list (e.g. smoothies) <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>

Water	There should be easy access to free, fresh drinking water.
Salt and condiments	Table salt should not be made available. If made available, condiments should be available only in sachets.
Confectionery and savoury snacks	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 lunchtime.

3.2 The school and its catering team will introduce school meal themes days/weeks, such as:

- Chinese new year
- International themes
- Make your own meal day with the cook
- Taster days
- Curriculum theme days

3.3 The school will include, as it has in the past and will continue to 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
- Extra curriculum activities, including:
 - After school cookery clubs
 - Catering team talks about the changes in school meals and nutritional standards

The school will enlist the help of its Catering Team and School Food Champion 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.

3.4 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.

Packed lunches should be based on the Eat Well plate model and should include the following every day:

- **Fruit and Vegetables** - at least one portion of fruit and one portion of vegetables or salad.
- **Non-dairy source of protein** - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
- **A starchy food** like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- **Dairy foods** such as milk, cheese, yoghurt, fromage frais
- **Drinks** - the school provides water but healthier drinks, such as water, 100% pure fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- **Oily fish**, such as salmon, should be included at least once every three weeks.

To keep packed lunches in line with the food based standards for school meals, packed lunches should **not** include:

- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Cereal bars and fruit bars.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.
- Glass bottles and tins are not permitted due to safety issues that could arise.
- Nuts and nut products, eg. Nutella, peanut butter.

All uneaten food and waste will be kept in the lunchbox and returned home with the child so that parents are able to monitor their child's food consumption

On a Friday, the following may be included:

- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas.
- Cakes, biscuits and chocolate.
- Crisps.

Special diets and allergies

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents should speak with the Headteacher and will be urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are

also not permitted to swap food items.

It is the responsibility of the parents/carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them.

The school will provide storage area / facilities for packed lunch bags, in the most convenient and appropriate place possible. However, the school cannot provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors. Parents and pupils who do not adhere to this Policy will receive a leaflet in the packed lunch informing them of the policy and be invited to a packed lunch workshop. If a child regularly brings a packed lunch that does not conform to this Policy then the school will contact the parents to discuss this.

3.5 The School will provide 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 10 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, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful
- 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 catering team or midday meal supervisor to explain
- The Catering Team and Midday Meal Supervisors should thank children for using the facilities, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition
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3.6 The school will Reward pupils for good meal time etiquette and good behaviour

To encourage good behaviour and social interaction during the meal time:

- Parents are requested to join their children for a school meal at a nominal fee
- School staff join the children for school meals

3.6 The school will ensure their school representative is trained, at least, to Basic food Hygiene Standards

The school will ensure their representative will receive basic food hygiene training.

3.7 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 Food Policy, will be monitored and reviewed periodically by the School Food Champion; Catering Manager; School Council and Governing Body. All reports on the Food Policy and its findings will be published in the school's newsletter.

Policy agreed

Ratified by governing body

17th January 2018

Review date
