



# FOOD POLICY

**Approved by Safety and Community Committee:**  
**Reviewed:**  
**Date of next review:**

**Autumn 2016**  
**Autumn 2018**  
**Autumn 2021**

# Food Policy

## Aim

To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to St. Mary's CE Primary School (St Mary's) and to educate pupils with the skills, knowledge and understanding to make informed, healthy lifestyle choices throughout their lives.

## Objectives

*To ensure:*

- All aspects of food and drink in school promote the health and well-being of pupils, staff and visitors.
- Pupils have the basic knowledge to formulate life-long skills eg. Food technology as part of the curriculum, opportunities to develop food and cooking skills
- Our pupils have the information they need to make healthy choices

*To promote:*

- A well-balanced and healthy lifestyle.
- A welcoming eating environment to encourage the positive social interaction of staff and pupils. The school recognises that sharing food is an excellent opportunity to build relationships and promote good social skills.
- The healthy, physical development of all members of our school community.
- The important connection between a healthy, balanced diet and a child's ability to learn effectively.

## Introduction

The Government introduced new food and nutrient-based standards for school food in 2013 following advice from the School Food Trust. The standards cover all food sold or served in schools: breakfast, lunch and tuck, vending, mid-morning break and after-school clubs.

In the London Borough of Richmond upon Thames (LBRuT) the responsibility for school meals is fully delegated to the governing body of each school. St Mary's works with ISS, who cook from fresh on site everyday. School lunches are freshly prepared daily, and we are delighted they surpass the Government's standards for nutrition and meet the higher level, Food for Life's Silver Standard of Nutrition.

The Food for Life Partnership is a network of schools and communities across England committed to transforming food culture. To do this, the Partnership brings together the expertise and enthusiasm of four food focused charities – the Soil Association, Focus on Food Campaign, Health Education Trust and Garden Organic. But more importantly, it empowers innovative schools, teachers, caterers, food

producers, pupils and health professionals to work together to create a better food culture for our young people and to involve their local communities all across England. This means a school meal service serving healthy and sustainable food, practical food education and engaged pupils.

Under this arrangement it is understood that SS is fully responsible for compliance with government regulations around 'final' food-based and nutrient-based standards for our school lunch meals. Government nutritional standards state that at least two portions of fruit and vegetables are served each day and oily fish once every three weeks.

## **Rationale**

This policy has been formulated to enable St. Mary's to develop a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school. It has been developed in conjunction with our other relevant policies.

Our school supports the 'five a day' campaign to encourage children to eat five portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling childhood obesity.

Our school is committed to using the latest government advice on healthy choices for children and will refer to their guidance when making decisions about food in school.

## **Definition**

Our school defines healthy eating as providing the body with well-balanced, nutritional food which will ensure good health and well-being. We aim to give children the skills they need to make healthy choices which will stay with them throughout their lives.

## **Specific Aspects of Food in Schools**

### ***Water***

Children are actively encouraged to bring their own bottles for water consumption during the day and are given free access to these, as well as water fountains located on all three sites. Water is freely available throughout the day to all members of the school community, including chilled water in staffrooms. Children are regularly reminded and encouraged to drink water at break times.

### ***Nut-free school***

Due to the risk to those who have an intolerance to and / or serious allergic reactions to nuts, St Mary's makes every effort to be a nut-free school. This is enforced, as well as possible, in school through a ban on nuts and nut products. Off the premises, on a school trips for example, pupils with these allergies must take their EpiPens with them and be supported by a teacher who is capable of helping to administer it. Teachers who accompany children on school trips have all had training in the use of EpiPens.

### **Allergies**

Lunchtime staff are aware of children who have allergies and this is recorded on the 'Allergy sheet'. Those serving children lunches must refer to the sheet, ensuring all children are cared for.

### **School Lunches**

Pupils up to Year 2 are provided with a free school lunch under the Government's Universal Free School Meals agenda. Beyond Year 2 pupils in receipt of Pupil Premium are also provided with a free lunch. Pupils may also choose to eat a packed lunch if they wish to; these are provided by parents and must conform to the school's suggested guidelines.

### **Dining Environment**

The school is committed to providing a welcoming eating environment to encourage the positive social interaction of pupils and teachers. It is recognised that the physical constraints mean we must operate a number of sittings. The school aims to provide a calm, ordered environment - conducive to enjoyable eating and good manners.

The school is also committed to:

- Encouraging children to wash their hands before eating or use the bacterial sprays.
- Helping children where necessary eg. opening of packets, carrying trays.
- Encouraging children to eat as much of their dinner as is appropriate with a focus on eating their fruit and vegetables before dessert.
- Monitoring wasted food.
- Supervising children having school dinners and packed lunches
- Providing water jugs and clean cups on every table.

### **Packed Lunches**

The Food Standards Agency survey of packed lunchboxes showed that in general children's lunchboxes contained too much salt, fat and sugar and too little fruit and vegetables. Our School encourages parents and children to pack healthy lunchboxes and provides information and guidance on balanced meals with plenty of fruit and vegetables, bread and protein. Food not eaten in a packed lunch should be sent home to ensure parents are aware of how much has been eaten.

### **Healthy Mid-Morning Snacks**

All children in KS1 and Reception receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable scheme. As children move up into KS2, if they wish to have a break time snack, they can bring in something from home. St Mary's use the guidelines from the *NHS* and *Change4life* on healthy snacks and ask pupils and parents to follow these rules when bringing snacks into school.

### **Healthy lunch boxes**

#### **Healthier Lunch boxes**

- Based on starchy carbohydrates (bread/potatoes/rice/pasta)
- Include fresh fruit and vegetables/salad
- Include a source of protein such as beans and pulses, eggs, fish, meat, cheese (or dairy alternative)

- Include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
  - Include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added sugar drinks
- Fridays are treat day- pupils are permitted to bring in crisps whilst those on a school lunch enjoy chips.

Further guidance (please see Appendix One) has been made available to parents and is also stored on the school website regarding ideas for healthy packed lunches. This guidance is also on display in each of the dinner halls so that lunchtime supervisors and teachers can help children understand if their packed lunch is healthy.

### ***Healthier Break Time Snacks***

- *Chopped up raw vegetables– e.g. carrots, cucumber or peppers*
- *Chopped up fruit/Whole fruit – e.g. apple, satsuma, strawberries, halved grapes, melon slices*
- *Breadsticks and wholemeal crackers*
- *Malt loaf, tea cakes, fruit breads*

*Dried fruit is not recommended as a snack between meals as it is high in sugar and can be bad for teeth (but this is ok when eaten as part of a meal).*

### ***Birthdays***

We are aware that many parents like to celebrate their child's birthday in school as well as at home, however, we do not allow any cake or sweets into school for this purpose. Parents are encouraged to send in a class book for the story corner if they wish to. Adding a name plate leaves a lasting gift for the class from the child.

### ***Celebrations and Festivals***

The school recognises that food plays an important role in the celebration of different cultures and religious festivals. As part of our curriculum children will have the opportunity to experience foods significant to different countries and beliefs. It is our aim to keep these experiences in line with our healthy eating ambitions. However, at times we will need to be flexible to account for the different experiences e.g. eating croissants on French Day.

### ***Food in the Curriculum***

The significance of food in our lives means it can and should be used to enrich the curriculum. In turn, the curriculum can enrich pupil's experience of food and healthy eating. The curriculum offers opportunities for children to experience food from different countries, historical periods and cultures as well as reinforcing the need for a healthy, balanced diet. Children will each year study a unit on Healthy Eating and are encouraged to use what they have learnt to make informed decision about what they are eating. Where possible, each year group will have the opportunity to develop their cooking skills using the DT room based on the Middle Site or through the use of portable cookers on the junior and infant sites. .

### ***Out of School Activities***

On special occasions eg. Christmas Fair, we accept that a wider range of confectionery, drinks and crisps may be available, with parental supervision. However, we will encourage the Friends of St Mary's to consider this Food Policy, especially with regard to quality and choice. For example, it may be possible to purchase good quality sausages and burgers with an accompaniment of lettuce or

cucumber. Where healthy options have been used we need to highlight this and advertise the fact that we are making healthy choices.

We will continue to run cake sales and other such initiatives keeping our healthy eating policy in mind. This is an opportunity for us to educate the children around moderation and the idea of “treats” as part of a balanced diet. It is a key part of their education that they learn to regulate their own eating habits and eating choices.

### **Food as a reward**

St. Mary’s does not use food as a reward in classrooms and aims to use other initiatives to reward effort and behavior e.g. extra playtime, house points.

### **Values**

At St. Mary’s we strive to work together as a whole community, sharing our ideas and beliefs and all working for the ultimate good of the children in our care. We aim to show respect for ourselves and each other and this is demonstrated by the empowerment we give to our children from an early age. We aim to give children information so that they are able to make sensible choices over food. Our School Council ensures the children’s voices are heard so that policies like this remain relevant and new ideas are brought forward.

### **Roles and Responsibilities**

It is extremely important that the whole school is united in providing the children with the correct information about healthy eating. We need to give consistent messages about the importance of a healthy, well-balanced diet and regular exercise, within lessons and extra-curricular activities. Communication with parents ensures that similar messages are reinforced at home. The Safety and Community committee report regularly to the Governing Body about all aspects of food in the school.

### **Healthy Schools Awards**

St. Mary’s is committed to working with Healthy Schools London <http://www.healthyschools.london.gov.uk/> to gain the bronze, silver and gold Healthy Schools awards. Working towards these awards ensures that St. Mary’s is not only meeting but exceeding the government expectations of a healthy school. In working towards these goals St Mary’s will identify any areas for improvement and create action plans to continually improve its approach to healthy eating.

### **Monitoring and Evaluation**

Evaluation of the progress made by the school in implementing the aims and objectives of this policy will be made by the safety and Community committee supported by regular reports from ISS. These reports cover ISS's responsibilities and include:

- Updates on food content, presentation, nutritional standards and sourcing of ingredients
- Monitoring food waste
- Overall hygiene
- Equipment, kitchens and dining facilities
- Other issues including: variations from menu, staff changes, changes to numbers of pupils taking school meals; changes to costs and company developments.

## **Communication of this Policy**

This document is freely available to the entire school community and located in the policy documentation files located on the school website.

## **Equality statement**

St Mary's positively celebrates diversity and inclusion is core to its Christian ethos. The Governing Body recognises that no one should receive less favourable unlawful treatment than another on the grounds of gender, marital or civil partnership status, colour, race, nationality, ethnic or national origin, disability, religious beliefs, age, or sexual orientation. It is the Governors' aim that no-one at the School should suffer unlawful direct or indirect discrimination, victimisation or harassment on any of these grounds. The Governing Body is committed to embedding fairness and equality at the heart of the school community, and in all aspects of the school's policies, procedures and practices.

Appendix One – Suggested Healthy Lunch box ideas						FRIDAY TREAT	NEVER ALLOWED
DAILY ITEMS							
Mid- morning snack	Carbohydrates- Great for energy. <i>Recommended 1/3 of lunchbox.</i>	Protein foods- Supports growth.	A dairy item- Good for growing bones.	Vegetables, salad or fruit- Five-a-day options.	Drinks- Hydration is important.		
<p><b>Whole fruit</b> – any including: apple, banana, peach, pear, plum, grapes, Satsuma.</p> <p>No dried fruit</p> <p><b>Vegetables</b> – any prepared raw vegetables (e.g. cucumber, pepper, celery, cherry</p> <p>Malt Loaf/Fruit Breads – this could include a small wholemeal sandwich with healthy filling</p> <p>Breadsticks/ Wholewheat crackers/Plain rice cakes</p>	<p><b>Sandwich or wrap</b></p> <p>wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap.</p> <p>See protein for filling ideas.</p> <p><b>Other ideas</b> - pasta salad, rice salad, cous cous, potato salad, tabbouleh, crackers, crisp bread, oatcakes, rice cakes, corn cakes, bread sticks, homemade popcorn, savoury muffin or scone, potato cake quiche, mini quiche or frittata</p>	<p><b>Fillings</b></p> <p><b>Meat</b> - wafer thin cooked meats, leftover cold meats (e.g. chicken, turkey, meatloaf, sausages).</p> <p><b>Fish</b> – e.g. tuna mayo</p> <p><b>Vegetarian</b> - egg salad, egg mayo, grated cheese, cheese and pickle, cheese spread, cream cheese, meat substitute slices, cottage cheese, veggie sausages, vegetarian</p>	<p><b>Fruit yoghurt</b></p> <p>e.g. fromage frais or dairy-free alternative.</p> <p><b>Greek or plain yoghurt.</b></p> <p><b>Cheese</b> portion or cottage cheese.</p> <p><b>Dips</b> – e.g. houmous, tzatziki, raita, cream cheese and plain yoghurt</p>	<p><b>Whole fruit</b> – any including: apple, banana, peach, pear, plum, grapes, satsuma, (fruit in season) raisins, pumpkin or sunflower seeds, dried apricots, dates or prunes.</p> <p><b>Fruit salad pot</b> - any combination of prepared e.g. fruit (strawberries, orange, melon, mango, kiwi etc.), fruit jelly made with fruit pieces and pure fruit juice.</p> <p><b>Portion of tinned fruit</b> (in natural juice) e.g. mandarins, pineapple, peaches, fruit</p>	<p><b>Water</b></p> <p><b>Fruit squash</b> - well diluted.</p> <p><b>Fresh fruit juice.</b></p>	<p><b>Crisps, corn chips or other savoury snack.</b></p> <p><i>or</i></p> <p><b>Chocolate item</b> - chocolate biscuit chocolate pancakes.</p> <p><i>or</i></p> <p><b>Cakes - muffin</b> cupcake, small piece of cake, malt loaf, scone, jam tart, shortbread, flapjack.</p> <p><i>or</i></p> <p><b>Biscuits</b> - cookie,</p>	<p><b>Nuts and nut products.</b></p> <p><b>Sweets</b> - including processed fruit products e.g. wound up lengths of fruit jelly.</p> <p><b>Confectionary</b> - chocolate bar.</p> <p><b>Fizzy drinks</b></p>

pate,  
**Finger food –**  
e.g. hardboiled  
egg, mini  
sausages,  
falafel, cubes  
of cheese.

salad, pears.  
**Salad pot –** any  
prepared raw  
vegetables (e.g.  
cucumber, pepper,  
celery, cherry  
tomatoes, carrot,  
mange tout, slices  
of avocado),  
coleslaw

gingerbread  
man, cereal bar.