

# Pilgrims' Way Whole School Food Policy

**Mission/Rationale** The food policy contributes toward our schools overall aims. This policy is a working document and designed to develop with our school.

*This policy, like all others in the school, supports the school's Mission statement. The whole school food policy will enable us to develop and maintain a shared philosophy on all aspects of food and drink.*

**Name of member of SMT responsible for school food** Gregory Doey (Headteacher)

*Headteacher (Gregory Doey) has overall responsibility for food in school, for policy development and for ensuring all providers on school premises are aware of the policy*

**People with key responsibilities for food in schools**

- *School Cook (Ana Soares) – responsible for managing the kitchen staff team; preparation, cooking and serving of school lunches.*
- *Governors – Responsible for overseeing and coordinating food issues. Our governor responsible specifically for food is Juliette Young.*
- *Gregory Doey (Headteacher) has overall responsibility for food in the school.*
- *Teachers are responsible for the delivery of healthy eating within the science curriculum.*

**Aim of the Whole School Food Policy**

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

**School Food Audit**

- *All parents, pupils and staff were consulted. The pupils were asked to write a healthy menu. Parents were invited to fill in a questionnaire.*
- *The majority of students had a general awareness of the desirability of healthy eating and the importance of drinking water and reducing fat, sugar and salt intake.*
- *Parents were encouraging and supporting but requested more salad options.*
- *At present our most popular dishes are African Lamb stew and Spaghetti Bolognese.*

**Objectives**

*(including responsibilities – who will ensure this happens, and how?)*

**Nutrition in the curriculum**

- **Link to PSHE policy/curriculum**

*Nutrition is part of the PSHE programme and the aspect of 'choices'. In science, pupils study 'health and growth' in year 2, 'teeth and eating' in year 3, 'keeping healthy' in year 5. In RE where other religions are considered – attitudes to particular foods are studied. In design and technology, pupils receive practical cookery skills.*

- To ensure that information relating to food and nutrition in the curriculum is consistent and up to date.

## **The eating environment**

- The school provides a welcoming eating environment that is appropriate to the children and young people who use it.
- The time for lunch break is sufficient to enable all pupils receive and eat their meal.
- Teachers and support staff are aware of influence of role modelling and their presence in the dining room is to monitor behaviour/noise.
- Each class is given adequate time to eat their lunch (30 minutes).

## **Rewards and Special occasions**

### **Link to behaviour and rewards policy**

- Food is not to be used for rewards.  
*Food is not used for rewards – instead we rely on praise, complimentary remarks, stickers, stars and celebration assembly certificates etc. Food is not used for end-of-term presents to pupils.*
- Food is provided for seasonal celebrations, monitored and kept healthy. Theme days include Black History, Chinese New Year, Saint Patricks Day etc.
- The provision for food outside of the school day e.g. After School and Breakfast Club still follows the school food standards from the DFE.

*For exceptional events such as school discos and cultural occasions, food rules may be relaxed with the consultation with the Headteacher. On these occasions, healthy options will continue to be provided and encouraged.*

## **Communication**

- Consultation with parents, pupils and governors occurs. Discussions are made with caterers, pupils, parents and teachers *through informal and formal meetings, phone calls, questionnaires, curriculum evenings, display boards etc.*

## **Quality assurance**

- Staff offering practical cookery skills sessions have basic food hygiene training.
- Staff teaching nutrition receive training to ensure a consistent approach and baseline knowledge of healthy eating.
- Outside visitors are made aware of the policy and ethos of the school towards healthy eating before planning their sessions.
- Expert advice is sought for matters outside of basic healthy eating advice to ensure an evidence-based approach to nutrition within the school.

## **School food and drink provision**

### **The Requirements for School Food Regulations**

The Department for Education have published the new school food regulations now to give schools, caterers, suppliers and food manufacturers time to familiarise themselves with the changes and to make any necessary preparations. The standards became statutory from January 2015.

The standards are based on the following food groups:

- Starchy food
- Fruit and vegetables
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Milk and dairy
- Foods and drinks high in fat, sugar and salt
- Plus, healthier drinks

The general principle of the new standards emphasises the importance of providing a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Offering a wider range of different foods provides a better balance of nutrients.

<b>Revised standards for school lunches</b>	
<b>Food group</b>	<b>Food-based standards for school lunches</b>
<b>STARCHY FOOD</b>	One or more portions of food from this group every day
	Three or more different starchy foods each week
	One or more wholegrain varieties of starchy food each week
	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>
	Bread - with no added fat or oil - must be available every day
<b>FRUIT AND VEGETABLES</b>	One or more portions of vegetables or salad as an accompaniment every day
	One or more portions of fruit every day
	A dessert containing at least 50% fruit two or more times each week
	At least three different fruits, and three different vegetables each week
<b>MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN</b>	A portion of food from this group every day
	A portion of meat or poultry on three or more days each week
	Oily fish once or more every three weeks
	For vegetarians, a portion of non-dairy protein three or more days a week
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>
<b>MILK AND DAIRY</b>	A portion of food from this group every day
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
<b>FOODS HIGH IN FAT, SUGAR AND SALT</b>	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>

	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
	No confectionery, chocolate and chocolate-coated products
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary.
	Salt must not be available to add to food after it has been cooked
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.
<b>HEALTHIER DRINKS</b> <i>applies across the whole school day</i>	<p><b>The only drinks permitted are:</b></p> <ul style="list-style-type: none"> <li>• Plain water (still or carbonated)</li> <li>• Lower fat milk or lactose reduced milk</li> <li>• Fruit or vegetable juice (max 150mls)</li> <li>• Plain soya, rice or oat drinks enriched with calcium, yoghurt drinks</li> <li>•</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water</li> <li>• Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk</li> <li>• Tea, coffee, hot chocolate</li> </ul> <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice</p>

**In addition:**

- School food other than lunch (breakfast, mid-morning break, after school club food) meet the revised standards.
- Menus are made available to pupils and parents
- Packed lunches –guidance sent home to parents and how packed lunches are stored / monitored
- Food provision outside of lunchtimes e.g. after school clubs, trips meets the revised food standards

**Monitoring and evaluation**

**Link to working with partner agencies policy**

*The Headteacher meets monthly with the school cook to monitor school food choices and menu planning*

*The Headteacher Monitors food choices and incorporates this into menu planning*

*Consultations are made with parents and the school community*

*If pupils are noted to consistently bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.*

*Food concerns will be discussed with caterers, pupils, parents and staff as the need arises*

- Timelines
- Pupil questionnaire

**Involvement of parents and carers**

Parent’s views are sought at every stage of the policy development and review process. Risks of parents not following policy are identified and negotiated

*Parent and carer feedback of the Food Policy has been sought via questionnaires, newsletters and consultations throughout the consultation period. When reviewing the policy, views will be sought in a similar format. If pupils are noted to consistently choose/bring unhealthy packed lunches, parents are contacted to discuss and encourage other options.*

**Meeting the needs of pupils with special dietary needs**

*Our school is a nut-free zone to control for those with nut allergies. Epipens are kept in the school office and training was provided for staff in September 2014 about the new Food Information for Consumer regulations (FIC EU). When pupils are enrolled, dietary requirements are requested via a questionnaire and catering are informed appropriate. Pupils with cultural diets are recognised by catering staff by photo’s placed near the service area. In this way, catering staff can encourage appropriate meals and not exclude pupils in any way.*

**Links to other policies**

- Behaviour policy
- Physical activity policy
- Health and Safety Policy
- Equal opportunities and inclusion
- PSHE

Dissemination of policy to the whole school community will be through inclusion, on school entry and annually thereafter.

<b>Date of policy implementation</b>	9 <sup>th</sup> December 2017
<b>Approved by:</b>	
<b>Date of policy review</b>	December 2018