



MORTON CHURCH OF ENGLAND (CONTROLLED) PRIMARY SCHOOL FOOD POLICY

1 RATIONALE

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
- 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 hot meals provider

- 3.1.1 The school and its hot meals provider must meet the new nutritional standards for school meals (The January 2015) and non-school meal food provided in school. The school through its caterer/food provider now must offer the following food groups as part of the school meal and from January 2015 the nutrient standards::

STARCHY FOOD

- 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 (applies to food served across the whole school day)
- Bread - with no added fat or oil - must be available every day

FRUIT AND VEGETABLES

- 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

MEAT, FISH, EGGS, BEANS AND OTHER SOURCES OF PROTEIN

- 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

secondary schools, (applies across the whole school day)

- A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools, applies across the whole day.

MILK AND DAIRY

- 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

FOODS HIGH IN FAT, SUGAR AND SALT

- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (applies across the whole school day)
- No more than two portions of food which include pastry each week
- (applies across the whole school day)

- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate and chocolate-coated products, (applies across the whole school day)
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery 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.

HEALTHIER DRINKS

- applies across the whole school day
 - Free, fresh drinking water at all times
 - Plain water (still or carbonated)
 - Fruit or vegetable juice (max 150mls)
 - Lower fat milk or lactose reduced milk
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (eg.yoghurt) drinks
 - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
 - 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
 - Tea, coffee, hot chocolate
- Combinations drinks are limited to a portion size of 330 mls. 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

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

- | | |
|------------------------|-------------------------|
| ▪ Roast Dinner Day | ▪ Taster days |
| ▪ Christmas | ▪ Curriculum theme days |
| ▪ Bonfire night | |
| ▪ Chinese new year | |
| ▪ International themes | |

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
- Food in history
- Celebrity eating habits
- Design a healthy menu for your favourite celebrity
- Extra curriculum activities, including:
 - After school cookery clubs
 - Caterer's talks about the changes in school meals and nutritional standards
 - Breakfast clubs with cooks and/or volunteers
 - Healthy foods at year discos, camping in the grounds, etc

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional 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.

A child's lunch should include only 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 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), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts

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

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 20 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
- 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 caterer or supervisory assistant to explain

- Caterers and supervisory assistants 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

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:

- A group of children can/will be invited each day/week to sit at a special top table in the dining hall

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.

Either

- Through the school meal provider, e.g. HC3S
- Local college

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 Whole School Food Policy, will be monitored and reviewed periodically by the Healthy school Co-ordinator, school council, SNAG and the governing body. All reports on the Whole School Food Policy and its findings will be published in the school's newsletter.

Agreed by the Governing Body: November 2015