

Whole School Food Policy

Date Reviewed:	February 2024
Next Review:	July 2026
Review Cycle:	Every 2 years
Reviewing committee:	Governing Body
Lead Governor Responsible:	Gareth Evans (Chair of Governors)
Reviewers:	Headteacher and SLT
Linked Policies:	PSHE, Science, Food Technology, Design and Technology, Behaviour and DfE School meal and food standards.
Ratification Date:	February 2024
Signed by Headteacher:	
Signed by Chair of Governors:	

Rationale

Hook Junior School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through our rich curriculum, we aim to take a more proactive approach to improving the health and wellbeing of children.

We recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn affectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

Our belief is that a balanced, healthy and 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.***

Aims

- To ensure that all aspects of food and drink in school promote the health and wellbeing of pupils, staff and visitors to our school
- To adopt a whole school approach to healthy eating
- To encourage the eating of fruit and vegetables
- To teach children, through the curriculum, about healthy eating and to continue to include work associated with healthy balanced diets.
- To encourage good hygiene when handling food.
- To encourage the drinking of water – children may bring in their own water in bottles to have in the classroom, or drink from the water fountains
- To encourage healthy meals that promote good health in partnership with the school catering team, Pabulum.
- Parents are encouraged to provide ‘healthy’ packed lunches and provision is made in school for the children to sit and eat.
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day
- To improve the health of pupils by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy diet, hygienic food preparation and storage methods
- To increase pupils’ knowledge of food production, manufacturing, distribution and marketing practises, and their impact on both health and the environment.

Responsibility

It is the responsibility of all staff, including teaching, support staff and lunchtime/catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils’ awareness and understanding of how to make healthy food choices.

Pabulum Catering and kitchen staff are responsible for providing high quality food that complies with the national standards for school food and contributing to a welcoming and positive eating environment.

Parents are responsible for providing appropriate nutrition to support their child in school, including breakfast, snacks and packed lunches.

Teaching about healthy eating and cooking in the curriculum Food, its production and preparation is an important part of the curriculum for all pupils.

Food Education

Food, its production and preparation are an important part of the curriculum for all pupils. Food and Nutrition is taught within the context of the national curriculum areas of learning

The Science, Design & Technology and PSHE subject leaders monitor and evaluate teaching and learning and the curriculum content to ensure that children:

- Develop an understanding of the importance of a balanced diet and the consumption of vegetables and fruit (using the 'Balance of Good Health' model).
- Develop an understanding of the need to avoid over consumption of foods high in salt, sugar and fats.
- Understand food hygiene and safety.
- Have opportunities to be able to plan and prepare balanced nutritious meals.
- Gain an understanding about food production, where food comes from, sustainability and the idea of Fairtrade.

As part of the work that children do for Science, DT, PSHE as well as Personal, Development Learning (PDL), they will be taught:

- The whole-school policy will encompass healthy eating, nutrition and food safety education in the curriculum.
- Children will have opportunities to cook and prepare food.
- Pupils will be made aware of the healthy eating policy throughout the curriculum and through the School Council.
- Healthy eating messages will be taught as part of looking after yourself.
- Healthy eating will form part of the school strategic plan.
- There will be consistent messages across the curriculum about healthy eating.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet
- how diet affects health.

We follow DfE guidance (updated February 2023) which endorses the adoption of a 'whole school' approach to food provision and food education. To ensure that children eat well, it is not enough to simply provide nutritious food.

A child's lunch should include only the following:

- Fresh fruit and vegetables
- A portion of milk or dairy food
- Small portion of lean meat, fish or alternative
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Food & Drink Provision Throughout the School Day

Fundamentally, the School Food Standards will be adhered to for school lunches and all other food provided at school (including breakfast club). In addition, the following policies apply:

Breakfast

Breakfast is an important meal that should provide 25-30% of a child's daily energy requirement and contribute significantly to their vitamin and mineral requirements. A healthy breakfast has been found to improve a child's cognitive function, particularly memory and attention, as well as academic performance. The school operates a breakfast club that provides a nutritious meal for children before the school day from 8.15am.

School Lunches

All our school meals are provided by a contracted caterer, [Pabulum Catering](#) who act in accordance with the School Food Standards. The catering team follow a set menu on a three-week cycle throughout the school year.

Packed Lunches

We work in partnership with parents to encourage healthier options being included in packed lunches brought from home. 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.

Parents receive advice and are encouraged to provide a healthy packed lunch. The contents are monitored, and unhealthy foods may be replaced with a healthier substitute.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bread, sesame seed pitta bread, plain crackers, pasta or rice
- 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.
- A 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)

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.

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

Snacks

The school understands that healthy snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Where applicable, children entitled under the School Fruit and Vegetable Scheme will receive a free piece of fruit or vegetable each school day; however, fruit and vegetables will be readily available, regardless. Children bringing snacks for consumption at break-times and/or for after school are not permitted to include: Chocolate or chocolate-coated products, nuts or nut based products, crisps, desserts, including cakes and biscuits with confectionary (chocolate-coated).

Drinks

The National School Food Standards recommend that drinking water should be available to all students, every day, and free of charge. Water Research has shown the value to pupils of gaining regular access to fresh, chilled drinking water throughout the school day. Intake of water is linked to good health, better concentration and increased attainment. The school has a number of chilled water units available, and children are expected to fill water bottles during break and lunchtimes.

Special Dietary Requirements

Special Diets for Religious and Ethnic Groups: The school provides food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans: The school caterers offer a vegetarian option every day. When necessary, we also provide a vegan option.

Food Allergy and Intolerances: Individual Care Plans are created for pupils with food allergies. Care Plans document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. The school caterers are made aware of any food allergies/food intolerances and requests for special diets are submitted according to an agreed process.

Dining environment

An environment has been created which is physically and socially conducive to the enjoyment of nutritious food. The dining area is safe, pleasant, attractive and clean. Lunchtime staff ensure pupils have sufficient time to eat. Good manners and respect

for fellow pupils is encouraged and expected. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch. In the summer months children are able to sit outside to eat their packed 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 mealtime, 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
- Children leave the area where they have eaten their lunch in a reasonable, clean and tidy condition.

Monitoring and Evaluation

The school will monitor and evaluate activities to ensure these objectives are met.

The School and catering company will seek and use feedback from pupils, parents and staff. For example, we will seek pupil views from the school council. This policy will be kept up-to-date in relation to the current National School Food Standards.

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed every 2 years by the PDL Leader and the Governing Body.

Useful Links

- The DfE School food Standards – a practical guide (updated February 2023) [School food standards practical guide - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/107111/school-food-standards-practical-guide-2023.pdf)
- The DfE Standards for School Food in England (updated June 2023) [Standards for school food in England - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/107111/standards-for-school-food-in-england-2023.pdf)
- The DfE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated February 2023) [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/107111/school-food-standards-resources-for-schools-2023.pdf)

- The school food plan: <http://www.schoolfoodplan.com>
- The Children's Food Trust: www.childrensfoodtrust.org.uk
- Child obesity and socioeconomic status:
http://www.noo.org.uk/noo_about_obesity/child_obesity
- NHS – Eat Well guide website:
<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>
- 5 a day: <http://www.nhs.uk/Livewell/5ADAY/Pages/Tips.aspx>
- Change for life: <https://www.nhs.uk/change4life-beta/be-food-smart>
- Food Safety:
<http://www.nhs.uk/LiveWell/Homehygiene/Pages/Homehygienehub.aspx>

APPENDIX 1 – FOOD GROUPS

The school through its caterer/food provider now 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

	<ul style="list-style-type: none"> • 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> <ul 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, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder. 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,

	<p>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>	<ul style="list-style-type: none"> • 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>Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<ul style="list-style-type: none"> • A food from this group should be available on a daily basis.