



ST JAMES' C of E JUNIOR SCHOOL

Whole School Food Policy

**Including Homemade
Packed Lunches**

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REVIEW SHEET

The information in the table below details earlier versions of this document with a brief description of each review and how to distinguish amendments made since the previous version date (if any).

Version Number	Version Description	Date of Revision
01	Original	Nov 2016
02	Reviewed & includes Packed Lunches brought from Home	May 2018
03	Changes to include Theme days and changes to the pack lunch recommendations	Sept 2020

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Whole School Food Policy

1 Rationale

Our school recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We also understand the role a school can play, as part of our larger community, to promote family health, and sustainable food and farming practices. We appreciate that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships.

2 Aims

Proper nutrition is essential for good health and effective learning.

We aim to:

- Provide a consistent planned curriculum of food education that enables pupils to make informed choices without guilt or anxiety. This should include nutrition, awareness of influences on food choices such as food production, marketing practices, body image and their impact on health and the environment.
- Provide a 'whole school, whole day' approach to nutrition that makes the healthier choices, easier choices.
- Work in partnership with catering staff to ensure that food and nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs.
- Work in partnership to achieve a pleasant and sociable dining experience, which enhances the social development of each child.
- Involve pupils and parents in decision making.
- Aim to provide 'theme' days where the kitchen support teachers in delivering learning about food. Theme days are encouraged to show cultural foods such as 'Italian Day', 'Pie Day' 'Chinese New Year' and to also provide cooking lessons.

3 National Guidance

This policy was drawn up using a range of national documents including a toolkit and a draft policy from the Children's Food Trust and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council (NGC) 2005).

4 Objectives

To achieve a whole school approach we will work in partnership with all members of the school community putting pupils at the centre of this process.

- We will ensure that all food and drink served complies with the government's food and nutritional standards and reflects the ethical cultural and medical requirements of pupils and staff (e.g. religious, ethnic, vegetarian, medical and allergenic needs) making healthy choices easy to make.
- Regularly review eating opportunities during the school day to ensure that food and drinks are available when needed and comply with nutritional standards
 - a) Before/after school
 - b) Break times

c) Lunchtime

d) Special activities e.g. Sports day, School trips

- The school will ensure that packed lunch pupils and school lunch pupils can sit and eat together and creates a pleasant eating environment that is appropriate and encourages social interaction.
- To provide an opportunity for pupils to plan recipes, prepare and cook food.
- Involve pupils through class/school councils.
- Involve parents in its development through information in newsletters, prospectus, school's website and parent evenings.
- Ensure that catering staff and midday supervisors are trained to provide meals that meet food and nutritional standards and are able to assist with the promotion of a balanced diet.
- Ensure classroom staff are able to provide and reinforce accurate information on nutrition, free from bias and based on 'the Balance of Good Health' and practical food education.
- To monitor menus and food choices to inform policy development and provision.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food fresh.
- Packed lunches; All waste and uneaten food is returned in the lunch box so that parents can see what has not been eaten.
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5 Who will be involved?

This policy reflects the whole school and its community with as many people as possible being involved. It aims to make everyone aware of what it includes and how we will work towards healthy eating in our school.

We hope to achieve this through:

- The School Council
- Staff development sessions
- Questionnaires and suggestions from pupils, parents, staff, caterers & governors

6 School catering

We believe that the messages children receive about food and health from the daily life at school are as important as those given during lessons.

By working together we promote healthier eating habits:

- All children are given 2 portions of vegetables as part of their meals. They are encouraged to try some, even if only a small portion.

7 Breakfast & After School Clubs

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to the vitamin and mineral requirements. The school's Early Bird's Club provides a nutritious meal to prepare children for the school day. The breakfast menu includes a choice of; cereal, toast, fruit, yogurts and crumpets. The After School Club also provides a variety of snacks including filled wraps, fruit and vegetables, cheese and crackers and toast.

8 Mid-morning snacks

In consultation with parents it has been agreed that children can bring a piece of fruit to eat at morning break time. Fresh fruit and bread rolls are available to buy from the school tuck shop at a nominal cost. Children should not bring chocolate bars/biscuits, crisps or bars containing nuts in to school.

9 Drinking water & School milk

Children are encouraged to bring in a drink of water with them and water bottles can be refilled from one of the water fountains provided in school. The school also takes part in the Coolmilk for schools milk scheme with children paying for milk each half term. Details of the scheme are included in the Parent/Carer Handbook and the school website. Diluted juice is not allowed unless in very special circumstances.

10 Packed Lunches (provided by the school)

Packed lunches prepared by the school meet the Requirements for School Food Regulations 2014.

11 Special Dietary Requirements

- **Vegetarians and vegans**

The school offers a meat-free option at lunch each day. When necessary a vegan option can be provided.

- **Special Diets for religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

- **Food allergies and intolerance**

Individual healthcare plans are created for pupils with food allergies. The IHCP documents the symptoms, adverse reactions and actions to be taken in an emergency. The school's caterers are made aware of any food allergies/intolerances and request for special diets are submitted accordingly.

We are a nut-free school and parents are advised in the Parent Handbook and throughout the year via the weekly newsletter.

Catering staff have received specific training regarding the importance of food allergies and intolerances and this training is updated regularly.

- **Birthday cakes**

We do not allow children to bring in birthday cakes. This is in relation to the food and nutritional standards that we follow, our Healthy School status and we have some children in school with food allergies/intolerances.

- **Children with food difficulties and 'picky' eaters**

Parents are encouraged to communicate with the school chef in regards to any children who have specific food needs which relate to difficulty eating and those who may be described as 'picky eaters'. As with allergies and other special dietary conditions, special foods can be purchased in an effort to try and support daily eating. We can also keep records for concerned parents and encourage children to complete food diaries which help them engage with their food choices.

12 Food Safety

- Appropriate food safety precautions are taken when food is prepared, stored, and served.
- We purchase our food from reputable suppliers.
- Adequate and suitable storage and washing facilities are available.
- All food handlers (catering staff, midday supervisors, EBASC staff and staff who may take Food Tech classes) undergo appropriate food hygiene training.
- Suitable equipment and protective clothing are available.
- Any food safety hazards are identified and controlled by regular risk assessment.
- Our kitchen and school meals are monitored termly and inspected by the Environmental Health Office.
- Our food production and dining rooms are cleaned and maintained to a very good condition.

- All necessary food safety documentation is held and kept up to date.

13 Packed Lunches (brought from Home)

13.1 Aims

- To promote consistency between packed lunches and food provided by schools, who must adhere to national food standards first set by the Government in 2006 and amended for January 2015 (Requirements for School Food Regulations 2014).
- To support the school's whole school food policy.

We recommend to parents that packed lunches should contain a mixture of the foods recommended in the '[Eatwell Guide](#)'. The Eatwell Guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet.

You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week.

Ideas for items that can be included in packed lunches include;

- Fruit and vegetables.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- Oily fish such as salmon, at least once every three weeks.
- Starchy foods such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

We advise parents that ideally, packed lunches should not include;

- Snacks high in fat, sugar or salt such as crisps.
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Cakes and biscuits are allowed, but children should be encouraged to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, processed meat and sausages / chipolatas etc. should be included only occasionally.

13.2 Special dietary requirements

- The school recognises that some pupils may have special dietary requirements that do not exactly meet the school food standards. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.
- Parents should make the school aware of any children who have special dietary requirements, food allergies or intolerances.
- There are several pupils who are allergic to nuts and it is for this reason that no foods containing nuts (e.g. cereal bars, peanut butter etc.) are allowed in school.
- Pupils should eat their own lunch and **never** swap food with other children.

13.3 Involvement of parents / carers

We would like to see all children eating and enjoying a healthy lunch provided by the school. However, parents who wish their child to have packed lunches for a particular reason are expected to provide their children with

packed lunches that meet the standards in the Packed Lunch Policy. In turn, the school will keep parents informed as per the methods detailed under the 'Dissemination of the Policy'.

14 Dissemination of the policy

- This policy will be available on the school's website and some points will be incorporated into the Parent/Carer Handbook.
- The school will use opportunities such as parents' evenings to promote this policy as part of a whole school approach to healthier eating.
- All school staff will be informed of the policy and will support its implementation.
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15 Evaluation and review

- This policy should be reviewed every 2 years.
- Parents will be informed of both government food and nutrition standards and the school's policy.
- Midday supervisors should be aware of the contents of packed lunches. This is primarily to ensure that children are eating their lunch.
- Midday supervisors should also bring their concerns about a child who doesn't seem to eat their lunch, to the headteacher/deputy head.
- Parents will be contacted if the headteacher is concerned about an aspect of a child's packed lunch.
- Customer surveys, parent surveys and School Council reports should be undertaken regularly.
- Review of termly menu to encourage variety and healthy choices.
- Curriculum review/audit.
- Review staff training needs.

