



# FOOD POLICY

This Policy was approved by Governors in:	January 2024
This Policy was shared with staff on:	January 2024
Implementation of this Policy will be monitored by:	SLT
Monitoring will take place at regular intervals	
The Policy will be reviewed annually or more regularly if needed.	
Policy Review Date:	November 2023
Date of next Review:	<b>December 2025</b>

## **Aims**

Poverest Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Poverest staff recognises and are committed to the fact that healthier children learn more effectively.

## **Provision of Food**

### **The Eating Environment**

- All pupils eat in the dining hall with their own class and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- In KS1 they are allowed more time for them to eat lunch.
- The salad bar is available to children with a variety of choices daily.
- In the EYFS classrooms, snack areas are provided with healthy snacks, fresh water and milk daily.

### **School Meals (lunches)**

- Food is provided by Harrisons catering company.
- These healthy options are promoted at the admissions phase.
- Free school meals are provided for all qualifying children in this school.
- Food is presented at child height and the choices are chosen by the children each morning.
- Children are expected to choose one of the main options and vegetables and salad each day. Menus are displayed each day in the classrooms so that children are aware of what food is available, giving time to make healthy choices before choosing their option during registration.
- Healthy dessert options are offered, ranging from fruit, yoghurts, cake or a hot alternative.
- Our midday meal supervisors support the children.
- Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Children who only eat a small amount of food are monitored and encouraged and the class teacher and parents are informed.
- The cook is informed about children who have special dietary needs or allergies and this information is also available in the Office, kitchen and for all staff via google drive.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas as well as multi cultural events.

### **New Standards:**

- Starchy food cooked in fat or oil must not be provided on more than two days each week. The old standards specified no more than three times a week.
- To promote variety the new standards want three or more different starchy foods provided weekly, including at least one wholegrain variety.
- The theme of variety is also seen in fruit and vegetables, with caterers needing to ensure at least three different vegetables and three different fruits are provided each week.
- When it comes to protein, the revised standards are more specific about the provision of meat, fish, eggs, beans and other non-dairy sources. The revisions here are designed to ensure adequate levels of protein, iron and zinc and increase the variety of foods on offer.
- A portion of dairy food to be included every day and that lower fat milk and lactose reduced milk are made available.

### **School meals (breakfast Club):**

- Breakfast club runs daily and has approx. 30 children attending each morning.
- Children arrive in school at 7.30 am or 8am and social interaction is encouraged whilst eating breakfast. After they have had breakfast pupils have the opportunity to play a variety of games, read books or join an activity. Outdoor play is also encouraged.
- The criterion of selection is not dependent on social factors. Places are offered to all children at the price of £8.00 or £6.00 per morning, depending on what time they start.
- The food is prepared fresh on site daily.
- The food on offer ranges daily but includes a hot cooked option, cereals and milk and white or brown toast. Fresh fruit, yoghurt and juices are also available.

### **Packed Lunches:**

- Parents are contacted by the class teacher or member of SLT if lunch boxes do not contain a balanced diet. Healthier options are discussed.
- All parents and carers have received a letter detailing healthy choices which are permitted in a packed lunch, including on educational visits.

### **Extended School**

Standards for school food other than lunch:

Many of the food based standards apply to food served throughout the school day including breakfast club, midmorning break, and after school clubs.

Restrictions apply with regards to foods which are high in fat, sugar and salt and as these restrictions apply throughout the school day a process must be in place to ensure breakfast, morning break, cooking club, after school club food provision doesn't contravene the standards throughout the school day. For example if the weekly menu has a chicken pie and an apple pie featuring in the same week no other pastry item can be served during this week.

#### *Restrictions:*

No more than two portions of food that have been deep-fried, batter coated, breadcrumb-coated, each week.

- No more than two portions of food which include pastry each week.
- No snacks, except seeds, vegetables and fruit with no added salt, sugar or fat.
- No confectionery, chocolate and chocolate-coated products.
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)
- 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 teaspoon.

#### **Training:**

Staff are trained in safety, food hygiene, food allergies and allergens.

Breakfast club manager is also trained to supervisor level 4 with additional training including Natasha's Law (2021).

### **Snacks**

- Milk will be offered to all KS1 children.
- Since September 2014, all infant school pupils have been entitled to a free school lunch.
- A range of fresh fruit or vegetables are offered to children in KS1 during morning play.
- The list of permitted healthy packed lunch foods, also applies to snacks brought for after school clubs.

## **Drinking Water**

- Drinking water bottles are provided by parents, for children to drink water throughout the day and can be refilled throughout the school day.

## **Curriculum**

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities and workshops.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. Topics include: Ourselves, Health and Growth, Keeping Healthy and eat more Fruit and Vegetables. The message of healthy living is threaded through the Primary Curriculum and especially through Design and Technology.
- The breakfast club teaches healthy options and holds regular healthy eating events throughout the year.
- A range of cooking equipment is provided in both key stages to encourage more hands on healthy cooking in lessons.

## **Provision for Staff**

- Staff are encouraged to eat healthy themselves.
- Many staff choose to eat with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.
- During after school events children and staff are offered healthy food options, including fruit and juice.
- Our Breakfast club manager is Chef trained and has received full training in health, food hygiene and dietary requirements. She is a qualified working kitchen supervisor.

## **Parents**

- Information about school meals is shared with parents via menus displayed in the front foyer, newsletters and the Poverest Primary School website.
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.

## **Other Issues**

- Sweets or chocolates for special occasions, such as birthdays, are not permitted as we are a healthy school.
- Multicultural food is encouraged during parties such as Christmas, Cultural Week and school meals. Breakfast Club celebrates breakfasts from around the world each year.
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit and milk from EYFS and Key Stage 1 is given to Key Stage 2 when possible.
- Year 6 children are provided with a room if they wish to fast and pray during Ramadan, after consultation with the Senior Leadership Team.
- During SATs week all year 6 pupils are offered a free healthy breakfast and healthy snacks.