Food Policy

Roseacre Junior School

Approved by:	Duncan Garrett	**Date:** 22.9.23
Last reviewed on:	September 2023	
Next review due by:	September 2025	

Introduction

This policy covers all food provided and consumed in school including before, during, after school, on school trips and in extracurricular events.

The national school food standards set out our duty to provide nutritious food for pupils, and encourage healthy eating. The Requirements for School Food Regulations 2014 introduced these standards for school food into law, and specify which types of food and drinks should be served at school and how often.

Why a policy is needed?

At Roseacre Junior School we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively 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.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating.

We aim to

- Increase knowledge and awareness of a healthy diet through our PSHE and Science curriculum
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility

It is the responsibility of all staff including teaching, support staff, middays and kitchen 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.

School lunches

Kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents receive the catering menu for the term and this is shared with the children in advance. We use Independent Catering as our catering provider and work closely to ensure meals meet the required standards.

The dining area has a positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We work with families who are eligible for free school meals to encourage them to take this up.

Packed Lunches (and on school trips)

It is advised that packed lunches should include:

- Starchy foods – these are bread, rice, potatoes, pasta and others
- Protein foods – including meat, fish, eggs, beans and others
- A dairy Item (or vegan alternative) – this could be cheese or a yoghurt
- Vegetables or salad and a portion of fruit
- A healthy drink such as water, milk or 100% fruit juice.

(Advisory information)

HEALTHY SCHOOLS PACKED LUNCH TRAFFIC LIGHTS – GUIDANCE FOR PARENTS/CARERS
INCLUDE:
- Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat, poultry, fish and non-dairy protein e.g. pulses - Oily fish at least once every few weeks (e.g. sardines, salmon) - Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties - A dairy product milk, cheese and yoghurt - Water or milk (semi-skimmed or skimmed).

LIMIT:
- Meat products sausage rolls, pies, sausages etc - Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack - Fruit juice 150mls per day

DO NOT INCLUDE
- Salty snacks such as crisps, nuts etc - Sweets and chocolate - Sugary soft drinks

For more information: www.childrensfoodtrust.org.uk

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperatures, so it is advised that an ice pack is included in the food container.

Our catering company will provide packed lunches for pupils who are eligible for Free School Meals.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

Drinks

Water is available for all pupils throughout the day, free of charge. However, pupils are encouraged to bring water to school in a sports type bottle. Children are not permitted to drink anything other than water throughout the day. Flavoured water is not permitted.

Snacks

Our children are encouraged to bring in a piece of fruit or veg from home to eat as a snack at breaktime.

Wraparound

Our wraparound service operates daily in the school for a large portion of children. As part of this service, children are offered food in both the morning and after school session. The food offered is healthy and is consistent with a healthy diet – e.g. toast, bread (range of options including white, brown, buns, baps and rolls), low-fat spreads, fruit jam, yoghurt, low-salt/low-sugar fortified cereals, slices of fresh fruit. Children choose from water, orange juice and apple juice to drink.

Food allergies

We are aware of all food allergies/intolerances and other dietary requirements of the children.

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

Birthdays and other special celebrations

Celebrating children's birthdays with cake is not encouraged in school time. If parents wish to share cake with their child's classmates, may do so in the playground after school and with other parent's permission. If children wish to share sweets, these must be individually wrapped (e.g. small packets of haribo) and taken home.

Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents and carers are updated on our policies through the school website. Parents are also informed of the school meals on offer via the school website. Parents are given information about the annual national weight measurement programme that children in Year 6 take part in.

Monitoring food provision

Roseacre Junior School is responsible for ensuring the quality of the food offered for school meals, as part of the contract with Independent catering. We will monitor food waste when appropriate and take relevant measures to reduce food waste.

Cooking and food education within the curriculum

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS2. There are many opportunities for pupils to develop knowledge and understanding of health, including healthy-eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food. To do this we have

- Ensured food and nutrition is taught at an appropriate level throughout the key stage.
- Identified food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Made sure that food and nutrition forms part of the DT curriculum for each year group.

Role of Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has expertise in this area.