

St Gabriel's C of E Primary School



Food Policy

February 2023

Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

Food and Drink Provision Throughout the Day

Food Standards for Schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

For more information please refer to:

The School Food Standards – A practical guide for schools their cooks and caterers

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

DFE (2019) Standards for School Food in England -

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Breakfast

Breakfast is an important meal and should make up a quarter of a child's energy requirements and can provide essential vitamins and minerals.

For information on the school food standards for breakfast please refer to:

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

We promote the value of breakfast and teachers encourage every pupil to have breakfast before coming to school. There is currently not a high enough demand for the school to run a breakfast club but this is reviewed annually through consultation with parents.

Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day. **Schools cannot provide crackers, breadsticks, chocolate, chocolate coated products, or confectionary (defined as cereal bars, processed fruit bars, non-chocolate confectionary) as snacks. Due to potential fatal allergies, St Gabriel's is a nut free school and so does not provide nuts or anything containing nuts.**

For more information on snack guidelines for schools please refer to:

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>
- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

KS2 pupils are encouraged to bring fruit or vegetables for a break time snack. Fruit is given to foundation stage and KS1 pupils on a daily basis at break times.

School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Chartwells.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

In January 2023, Westminster Local Authority introduced free school meals to all children in KS2.

Pupils are actively encouraged to choose salad or vegetables to accompany their main meal by staff serving their meals. There are different options provided to address cultural, religious and special dietary needs of our pupils. The School also adapts to the needs of children with any sensory needs, such as allowing children to go in to the dining hall for lunch at an earlier time when it is less busy. Children are given responsibilities to clear their places, scrape their plates and fill their glasses of water.

After school clubs

For information on the school food standards for after school clubs please refer to:

- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/school-food-standards-practical-guide>
- <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Pupils are encouraged to bring a healthy snack to have at the beginning of their after school club.

Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content.

Food and Drink brought into school and parent engagement

Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children's aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit

- A healthy drink such as water or milk

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 - Nuts

For more information and practical tips for children aged 5 years and above:

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/)

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Children with a packed lunch are provided with a fridge in the dining hall in which to keep their packed lunch to help keep them fresh. Children should place their packed lunch in the fridge **before** the school bell goes at 9am.

The same rules apply to packed lunches taken on school trips.

School events, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The levy makes soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy is invested in programmes that encourage physical activity and healthy eating to school-aged children.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school, cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches and annual Prize Day).

Birthdays and celebrations are an important part of school life. However, the school does not allow birthday cakes/food to be brought into class, although the school does recognise and teach the children that cakes can be eaten in moderation as part of a nutritious diet.

There are many reward systems in the school to reward and celebrate good behaviour/work of individuals and groups of pupils, e.g. class of the week, best attendance, eco class of the week, star of the day, star of the week, music award, mentions, courtesy badges, good work. In all examples of reward systems, children are rewarded with non-edible items, e.g. badges, stickers, certificates etc.

At the end of each term, some teachers provide children with a small Easter/Christmas/end of year present. In all cases, these will be non-edible items.

A supportive breastfeeding environment

Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where they can access further breastfeeding support.

Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children. The lunch hall staff are aware of individual needs and ensure that they are catered for as pupils collect their lunches.

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Adrenaline / anaphylactic shock training

The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

Children are expected to follow directions, be polite and make healthy choices. Children are expected to clear away their own plates, trays and cutlery, ensuring that any rubbish/leftover food is cleared into the right bin and their tray and cup stacked neatly. Posters are displayed in the dining hall to remind children of these expectations. Lunchtime supervisors also check plates when children go up to scrape, also in an effort to improve portion size.

Posters reminding children about good manners in the dining hall are also displayed around the dining hall.

Food Safety

Where appropriate food handling training will be received by staff. All children involved in the preparation of food items are taught about food safety before beginning to prepare anything.

Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

As of September 2014, food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3.

For more information on the National Curriculum for Cooking and Nutrition please refer to:
<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

Our School promotes healthy eating by working with pupils to learn about food in the context of a healthy diet and healthy lifestyle, making pupils aware of the variety of food, including foods from other cultures. Pupils will develop skills in planning, budgeting and preparing a diet to achieve the Balance of good Health as well as basic food hygiene and food safety practices through their PSHE and Science curriculum.

In some units within the curriculum, particularly in the science and DT curriculum, children learn how to prepare and evaluate prepared food items such as fruit kebabs, bread, biscuits etc. The school ensures they have up to date information on children's allergies and medical needs.

At St Gabriel's, we believe that all children should have access to the education about a healthy balanced diet and to food provided by the school regardless of gender, ethnic origin, nationality or ability.

Monitoring and Evaluation

This policy will be shared with staff and parents via the school website.

Policy Review

Policy implementation date: February 2023

Policy Review date: February 2025

Signed: R Wilson

Date: 3.2.23