



FRYERN FEDERATION FOOD POLICY



RRR

As rights respecting schools we believe that every child has the right to all the articles in the convention.

Article 24: Children have the right to good quality health care, to clean water, nutritious food, and a clean environment, so they should stay healthy.

FORMULATION:

This policy was formulated in conjunction with staff, parents, governors and pupils using a range of national documents including the Food in Schools Toolkit.

RATIONALE:

Fryern Federation are healthy schools. We consider all elements of our work to ensure that we promote health awareness in all members of the school community.

Our belief is that a balanced healthy, 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**'

The Every Child Matters agenda promotes being healthy: enjoying good physical and mental health and living a healthy lifestyle.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment which supports a healthy lifestyle.

AIMS:

- To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.
- To ensure pupils are well nourished at school and that every pupil has access to safe, tasty, nutritious food and easily available water supply
- To create an environment that supports a healthy lifestyle
- To provide a welcoming eating environment
- To provide food in the school that reflects the ethical and medical requirements of staff and pupils eg religious, vegetarian, medical or allergenic needs
- To promote the sharing of food which is a fundamental experience for all people: a primary way to nurture and celebrate our cultural diversity: and an excellent bridge for building friendships
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the physical development of all members of our school community

SETTINGS FOR THE FOOD POLICY

In accordance with the aims and objectives of this policy, the following settings will apply to the food policy and provision in the school.

BREAK TIME

All pupils are welcome to bring a healthy snack such as fruit, vegetables or cheese/cheese biscuits from home for the morning break time.

In the infant school free fruit is available and free milk for under fives.

Sweets or chocolate bars are not allowed in school except as a special treat organised by the teacher.

Nuts are not allowed in school due to children having nut allergies.

WATER

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. Therefore, all children need to bring in a water bottle which they are responsible for cleaning daily. Regular water and brain breaks are scheduled throughout the school day. Children are regularly reminded to drink water at break times. Drinking water is provided in all classrooms via a cold tap and at lunchtime in the school hall.

SCHOOL LUNCHES – WORKING WITH THE SCHOOL CATERER

School lunches have undergone a thorough review by Hampshire Caterers, our contractors, to ensure that the children receive all the nutrients required for a balanced diet. All our school meals are provided by the Local Authority's chosen contractors, **HC3S**. The caterer must meet the current nutritional standards for school meals. HC3S are able to provide meals for children with specific dietary needs. All children in year R, 1 and 2 are entitled to a free school dinner.

At Fryern Federation we value excellence. We believe that the food we feed our pupils should reflect this. Minimum nutritional guidelines are just that: minimums. The meal should always aim to exceed them, within the necessary budgetary constraints. On a daily basis, pupils will be offered carbohydrates, proteins and vegetables on their plate. Every effort will be made to ensure that appropriate choices are available for all pupils throughout lunchtime.

The school is committed to keeping parents and careers informed about recent and future changes to the nutritional content of school lunches,

whether brought about by local or national initiatives.

Currently, all our school meals are provided by the Local Authority's chosen contractors, **HC3S**. All meals provided must meet the Government's Minimum Nutritional Guidelines for school catering. It is noted that genetically modified foods, foods containing nuts and mechanically re-claimed meat is strictly banned from school lunches.

The caterer (**HC3S**) must meet the nutritional standards for school meals. The caterer must offer the following food groups as part of the school meal:

<p>Fruits and vegetables - 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 - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; 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▪ 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 burgersii) are not "economy burgers" as described in the Meat Products (England) Regulations

	<p>2003; and</p> <p>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.</p>
<p>Starchy foods (also see additional requirement on deep frying below) - 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>	<p>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>
<p>Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<p>A food from this group should be available on a daily basis.</p>

Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> ▪ plain water (still or fizzy); ▪ milk (skimmed or semi-skimmed); ▪ pure fruit juices; ▪ yoghurt or milk drinks (with less than 5% added sugar); ▪ drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies); ▪ low calorie hot chocolate; ▪ tea; and ▪ coffee <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
Water	There should be easy access to free, fresh drinking water.
Salt and condiments	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
Confectionery and savoury snacks	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

3.2 The school and its caterer will introduce school meal themes days/weeks, such as:

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| ▪ Bringing in the harvest | ▪ Historical themes |
| ▪ Potato day | ▪ Farm day, etc |
| ▪ Bonfire night | ▪ HC3S healthy living promotions – meals turned into activities |
| ▪ Chinese new year | ▪ Taster days |
| ▪ International themes | ▪ Curriculum theme days |
| ▪ Make your own meal day with the cook | |

3.3 The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum

As part of the work that children do for sciences, and for personal, social, health and citizenship education (PSHCE), work might include:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/Breakfast/evening meal
- Cost of menus, etc
- Shopping
- Cooking
- Measuring and weighing
- Data handling
- Types of food
- Foods in other religions
- Internet research on types of healthy food
- Healthy eating DT projects
- Impact of food choices around the world
- Fairtrade
- RRR – right to nutritious food and responsibility not to waste food
- Have a growing club where vegetables can be grown by the children
- Food on the plate games
- Food in history
- Celebrity eating habits
- Design a healthy menu for your favourite celebrity

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

3.4 The school will provide information on healthy foods that should be included in lunch boxes from home

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the preferred option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- 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.
- 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), water (not flavoured), milk (not flavoured)

- One treat ie: 1 small packet of crisps, a fruit scone, a portion of malt loaf, a small cake or biscuit in keeping with the balance of The Good Health Plate Model – see end of policy

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.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets, full size chocolate bars, etc.
- Fizzy drinks/sugary drinks
- 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. Ideas for healthy lunch boxes can be found on:

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect>

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

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch.

- Children are required to eat all or at least try to eat most of the food provided but children will be encouraged not forced to eat
- 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 during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit
- 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
- Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition
- Children will respect the lunchtime staff and the staff will respect the children
- Fresh water will be freely available
- Lunchtime staff give out stickers for eating/good manners
- Certificates are given in the Juniors for Best Bunch at Lunch

3.6 Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

To encourage good behaviour and social interaction during the meal time:

- A group of children can/will be invited each day/week to sit at a special top table in the dining hall
- Children who eat more school meals will benefit from HC3S' Healthy Living Promotions where meal points are turned into sports activities

3.7 Breakfast Club and After School Club

Food is not provided, pupils can bring a suitable snack.

3.8 Parents and Carers

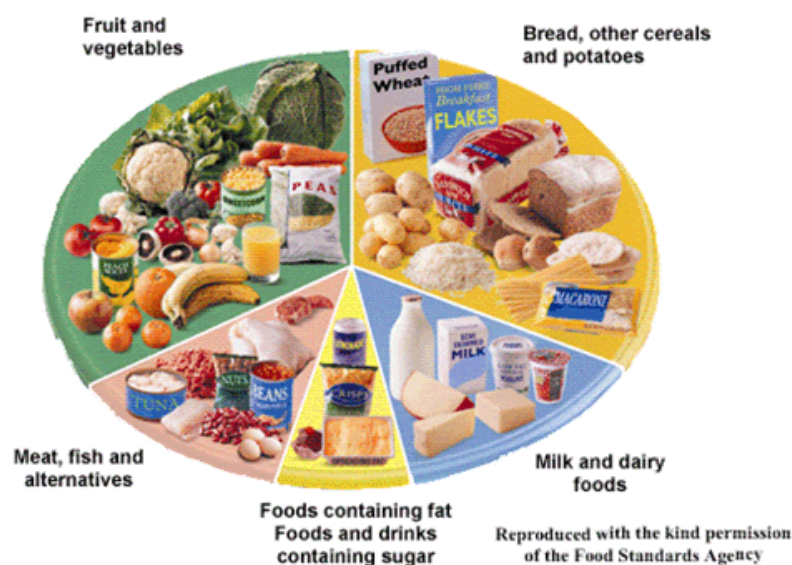
The partnership of home and school is critical in shaping how children behave, particularly where health is concerned and developing good attitudes to food. Each must reinforce and support the other. We aim to regularly update parents with current health developments and offer any support and information that we can. We aim to update parents with current health developments, offer any support and information and provide opportunities to share practical information and ideas.

3.9 The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed periodically by the PSHE subject leader, school council, and the governing body.

Policy reviewed: September 22

The Balance of Good Health



Appendix

As with the previous standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.

The standards for school lunches



Starchy foods

One or more portions of food from this group every day

Three or more different starchy foods each week

One or more wholegrain varieties of starchy food each week

Starchy food cooked in fat or oil no more than two days each week
(applies across the whole school day)

Bread - with no added fat or oil - must be available every day



Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools
(applies across the whole school day)



Fruit and Vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week
(applies across the whole school day)

No more than two portions of food which include pastry each week
(applies across the whole school day)

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
(applies across the whole school day)

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products
(applies across the whole school day)

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful



Milk and dairy

A portion of food from this group every day

Lower fat milk must be available for drinking at least once a day during school hours



Healthier drinks

applies across the whole school day

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice