



## **MICKLEOVER PRIMARY SCHOOL**

**Name of Policy:** Food Policy

**Date of Policy:** July 2024

**Member of Staff responsible:** Mrs Hutchinson/ Mrs Powell

**Review date:** July 2027

**Signature:** \_\_\_\_\_ **Chair of Governors**

**Date Approved:** \_\_\_\_\_

### **At Mickleover Primary School**

**We are:**

**Motivated to learn**

**Proud of our achievements**

**Successful and skilled for life**



## Food Policy

### RATIONALE

The school is dedicated to providing an environment that promotes healthy eating while enabling pupils to make informed choices about the foods that they consume. This will be achieved through the healthy schools award, a national initiative linking with an array of partner organisations, ie. health care providers, dieticians, local sports and fitness clubs and the school meals service. We are a 'Food For Life Partnership' School and currently hold a Silver Schools Award and a Bronze Catering Mark. Bronze schools serve fresh, seasonal school meals prepared by a well-trained school cook. Pupils and parents are involved in planning improvements to school menus and the dining experience via a school nutrition action group, boosting school meal take-up. Every pupil has the opportunity to visit a farm during his or her time at school, and opportunities are given for cooking and food growing activity.

The 'School Council' will be encouraged to seek the views of other pupils and be given opportunity to raise concerns regarding the in-house school meals provision with the school meals service so that improvements may be implemented. Periodically all parents will be given the opportunity to experience the school meals provided through dining with pupils.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH).

### AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

### TEACHING AND LEARNING

Food and nutrition is taught at an appropriate level throughout each key stage as part of the Science and PSHE and C curriculum.

#### Teaching Methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

#### Leading by Example and Staff Training

Teachers and caterers have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this the Headteacher will keep staff informed of any changes and updates on healthy eating and lunchtime catering.



## **TIME ALLOCATION**

The school uses the science national curriculum as well as the PSHE and C scheme of work as a basis for thematic or topic based planning, so therefore the time allocated is within the classroom timetable. The Curriculum Map outlines the topics to be taught in each year group.

## **FOUNDATION STAGE**

Planning for healthy eating in Foundation Stage is based on the Early Learning Goals. It is an integral part of the topic work covered throughout the year.

## **EQUAL OPPORTUNITIES**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## **SPECIAL EDUCATIONAL NEEDS**

Pupils are supported in a number of ways depending on their difficulties. This may include use of a Teaching Assistant, appropriately differentiated tasks or access to specialised equipment. Specific areas of weakness may be targeted through an individual pupil's Provision Plan.

## **ASSESSMENT**

The healthy eating aspects of the National Curriculum are assessed through teacher assessment at the end of the appropriate topic.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

## **MONITORING AND REVIEW**

School will ensure that there is continuity and progression in healthy eating by monitoring the planning, scrutiny of children's work and lesson observations.

## **RESOURCES**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the coordinators room as well as in individual classrooms. The range of materials used is available for review on request to the head teacher. Books are available for pupils in the library.

## **FOOD AND DRINK PROVISION WITHIN SCHOOL**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

### **'Food based Standards for School Lunches', Legislation**

The Food based Standards for School Lunches, legislation was first introduced in 2006 following the crusade made by celebrity chef: Jamie Oliver to improve the quality of the nation's school meals and actively encourage healthy and nutritious eating habits. Delivered in 4 phases and implemented each September: 2006, 2007, 2008 & 2009. The School Food Standards were revised in 2015 (<http://www.schoolfoodplan.com/actions/school-food-standards/>). 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. They became mandatory in all maintained schools, and new academies and free schools from January 2015.

This legislation only currently covers food sold in schools, ie. Breakfast clubs, mid-morning break, lunch service, after-school clubs, healthy vending and tuck options. Furthermore every dish which comprises the schools 3-week menu-cycle has been scrutinised though the creation of a standardised recipe sheet which in turn has been audited for legal compliance purposes through the school food standards framework.

While there is currently no legislation regarding food brought into school ie. Packed lunches, this policy provides professional guidance, based upon safe food storage and healthy and nutritious eating.

Food prepared by the school catering team operates in line with this legislation, while food purchasing, preparation, cooking, service, disposal and re-cycling practices are covered through the authorities 'Assured Safe Catering' policies and procedures, a system designed to ensure 'due-diligence' at every stage of the process.

### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in salt, sugar, fat, food additives or colourings during break-time. Children are encouraged to bring in fresh fruit or dried fruit, (not fruit flakes or fruit winders) for their break-time snacks.

### **Use of Food as a Reward**

The school does not encourage the regular eating of foods high in fat, salt or sugar (ie. sweets, confectionary, patisserie, cakes or chocolate), especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

### **Birthdays and Holiday Treats**

As part of the Healthy Eating Initiative the school does not permit children to bring in cakes or sweets to celebrate birthdays, special occasions or return from holiday. From time to time the school may organise special events such as Christmas parties where the school may allow or request food of this nature to be brought in. This will be at the school's discretion and parents will be informed.

### **Drinking Water**

The school are legally required to provide fresh water for all pupils, for which no charge will be made. Children are able to bring in school water bottles to school to drink from throughout the day. These can be filled at break and lunchtimes.

## **FOOD AND DRINK BROUGHT INTO SCHOOL**

### **Mobile Caterers Serving Food on School Premises**

In the rare instances that mobile caterers operate on school premises, they must be able to demonstrate that their employees have undertaken the appropriate food hygiene training, their premises from where they operate are registered so that such facilities meet appropriate food safety requirements and any electrical equipment used in the delivery of food service has been



PAT. If food is being supplied solely to children then it must comply solely with the 'Food based Standards for School Lunches' legislation, however if such events are open to the general public then this legislation doesn't apply as such scenarios are deemed as special circumstances.

Where the school caterer provides a packed lunch either for external trips or as an additional item on the standard menu-cycle, they are prepared in line with the 'Food based Standards for School Lunches' legislation.

### **Packed Lunches**

The school outlines guidelines for parents/guardians to provide pupils with healthy and nutritious packed lunches that complement this legislation, supported through the principles of the BOGH.

Food standards agency guidelines, we advise that where a parent decides to send their child to school with a lunch box, food items sent should be low in salt, sugar, fat or chemical additives.

An ideal lunch box should include:

Carbohydrate, protein, fruit and/or vegetables plus water.

**Carbohydrates** provide energy and can be easily provided through: bread, pasta, rice, noodles, couscous, chickpeas and pulses.

**Protein** is vital for healthy growth, with the best sources being: meat, fish, dairy products, eggs, tofu and beans. Emphasis should also be placed upon lean meats ie. ham and chicken, rather than processed meats. Oily fish is also a good source of protein as are low fat dairy products, including: yoghurt, fromage frais and smoothies.

Children need to eat 5 portions of **fruit & vegetables** per day, with 2 of these portions being consumed during the lunchtime meal. Fruit juice and tinned fruit is acceptable, although fresh fruit is preferable as it contains higher vitamin content. Different vegetables including: lettuce, tomatoes and cucumber can also be easily placed within sandwiches and crudities such as carrot and pepper will vary choice.

Water is the best drink which you can provide your child with, however fruit juice and milk (UHT for safety) are also healthy, however the school recommend that fizzy drinks are not included within lunch boxes.

Crisps contain no nutritional value and can be high in both salt and fat content. Certain brands however: Quavers, Skips, Wotsits, Wheatos etc. do tend to contain lower salt and fat contents, as do some of the lighter varieties of crisps. Furthermore some children have nut allergies so the school dissuades the consumption of peanuts, cashew nuts etc.

Chocolate, confectionary, boiled sweets, patisserie and cakes also tend to be high in sugar, so the school recommends that such items are replaced with muesli bars, fresh fruit, and dried fruit. School does not allow the children to bring in sweets and chocolate bars as part of their packed lunch.

Because the school is currently unable to provide refrigeration for the storage of packed lunches, it must point out that certain are deemed as high risk ie. Sliced meats, soft cheese, tuna, egg, diary products etc. and advise that where parents wish include a sandwich within the lunchbox than an ice pack will assist in keeping such food refrigerated.



## **Monitoring and Evaluation**

The school may carry out monitoring of packed lunch provision, where there are concerns over a child's food / nutrition intake and / or content of packed lunches, this can be dealt with in a timely and sensitive manner. OfSTED are required to report on how the school promotes the personal development and wellbeing of all pupils – this may include food provision including packed lunches brought into school.

The Local Authority will work with the school to review packed lunch provision and will provide advice and support to members of the school community.

## **SPECIAL DIETARY REQUIREMENTS**

### **Special Diets for Religious and Ethnic Groups**

Mickleover Primary School make reasonable adjustments for pupils with particular requirements e.g. dietary and cultural as far as practically possible without being a burden on cost or production.

### **Vegetarians and Vegans**

School caterers offer a vegetarian option at lunch every day and can upon written request also provide a vegan option.

### **Food Allergy and Intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

## **FOOD SAFETY**

The school meals provider operates within its own the 'Assured Safe Catering' policies and procedures, documentation approved by the Environmental Health Department. This covers the purchasing, delivery, correct storage, preparation and cooking methods, service, and disposal and re-cycling of all food and beverages entering the school kitchen. This robust system has been designed to ensure traceability and prove 'due-diligence' in a court of law in the unexpected event of a food poisoning event occurring. Additionally this mechanism ensures that the school has adequate dry, refrigerated and frozen storage, adequate employee facilities ie. Washing, changing and security, Statutory training is undertaken for all food handlers ie. Food hygiene, health & safety, COSHH, fire etc. and that suitable equipment, uniform and protective clothing are always available.

## **THE FOOD AND EATING ENVIRONMENT**

In line with the Schools Food Trust 'One Million Meals' initiative, our Catering Manager offers a series of themed events throughout the academic year such as a special World Book Day menu or Healthy Living Week menus. These are communicated with the Head Teacher and School Council.