

Medway Whole School Food Policy Template

Name of School -

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by **insert name and role**. The school food champion **is insert name and role**.

The policy is an integral part of realising Medway School Food Vision of all Medway schools to aspire to the national School Food Plan standard of providing flavourful, fresh food, served by friendly, fulfilled cooks in financially-sound school kitchens. With:

- At least 70% of children eating tasty and nutritious school meals
- No child going hungry
- School cooks who are happy, confident, skilled and motivated
- Schools taking a 'whole school approach' to food, with creative collaborations between head teachers, school cooks, children, teachers, governors and parents
- Children who know how to feed themselves well, and who enjoy cooking and growing both at school and at home
- School kitchens that are financially viable, enjoying a virtuous cycle of higher take-up, better quality and lower price

In addition to this national vision, Medway school food partners want to ensure that school meals are affordable, and the school meal is a positive eating experience for all. Ensuring that schools are recognised for their good practice, which is shared to drive up standards for all. The longer term vision will be achieved, by aiming for a 5% increase in uptake of school meals every year.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from **insert times**.

The breakfast menu includes: **Include menu of foods available or attach as appendix**.

The breakfast club menu is also available online and one-off family breakfast events are organised throughout the year.

2. School Lunches

School meals are provided by **insert catering provider** and served between **insert times** in the **dining hall**. The school meals meet the mandatory requirements of the School Food Standards 2015. The school caterer also holds a catering award **insert which, if applicable**.

School meals are actively encouraged to all children, in particular to those that are entitled to Universal Infant Free School Meal, in line with School Food Plan recommendations

School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provide water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

Option A (remove the steps that schools won't progress to)

For children arriving at lunchtime with lunch boxes that are not compliant with the above standards, the school will

- Write to the parent to remind them of the school lunch standards
- Direct them towards the school packed lunch provided by the caterer
- Remove the discouraged items, and return at the end of the day

Option B (remove the steps that schools won't progress to)

For children arriving at lunchtime with lunch boxes that are not compliant with the above standards, the school will

- Write to the parent to remind them of the school lunch standards
- Direct them towards the school packed lunch provided by the caterer
- Remove the discouraged items, and return at the end of the day
- For key stage 1 children, replace the lunch with the funded packed lunch option provided by the caterer

Option C

Only funded packed lunch options provided by the caterer will be permitted for key stage 1 children.

4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people. Snacks provided during the morning include: **insert food**

A healthy school tuck shop runs daily at break-time. The tuck shop is managed and run by **insert who**. The tuck shop menu is: **Insert list of food and drinks available**

Pupils are able to bring **insert food allowed** into school to eat at break-times.

After school snacks are provided by the school and include **insert food provided**

Pupils are allowed to bring in their own after-school snacks including **insert food allowed**

Snacks should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

Appendix 1 – to include list of suggested snacks from Public Health

5. Drinks

The school is a water only school, with the exception of the free milk entitlement for (**insert milk provision criteria**). Water is provided **insert where and when**.

6. School trips

A packed lunch will be provided by the school caterer, for all children who usually have a free school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and special occasions

Rewards

The school does not allow food to be used as a reward for good behaviour or achievement.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children will receive: **Insert birthday policy here** (ideas could include a song in class, lunch on the birthday table at lunchtime, a birthday badge/sash)

Parents who would like to are welcome to send in fruit for their child to share with the class on their birthday.

For celebration events, the school welcomes a variety of foods, from different cultures, for children to try. Teachers will provide parents/carers with suggestion lists of celebration food to ensure a wide variety of food choices are available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 2) as a model of understanding a balanced diet.

Insert additional subjects, where relevant.

Termly clubs also support the teaching of food and healthy eating and include **insert clubs e.g. cooking or food growing**

Staff delivering cooking sessions and clubs must have achieved level 1/2 in Food Safety and Hygiene.

Dining Area

The school will ensure the dining area is kept clean and hygienic and take steps to make it conducive towards a positive meal time experience.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. It is the parents responsibility to notify the school and caterer of any special dietary need.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is **insert name and role and reference to other relevant policies.**

Pupil's food allergies are shared in a sensitive way in relevant places around the school including **insert where and how.**

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. **Insert if this is incentivised or subsidised.**

Parents, carers and family members

The school's relationships with parents/carers is very important and the school aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend. **Insert details of other activity.**

Ofsted

Ofsted's new Common Inspection Framework includes a judgment on personal development, behaviour and welfare. As part of reaching this judgment, inspectors will look at the extent to which schools are successfully supporting pupils to gain "knowledge of how to keep themselves healthy" and "evidence of a culture or ethos of exercise and healthy eating" throughout their entire inspection www.schoolfoodplan.com/ofsted

The school strives to provide evidence of standards within this framework in each of the 4 key domains; leadership, food provision, food education and wider wellbeing

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Date policy implemented:

Review Date:

Appendix 1 – Suggested snacks from Public Health

Drinks

Water and milk are the only drinks that should be provided between meals as they do not damage teeth or increase children's risk of dental decay.

Fruit juice should be provided only at meal times, and only once a day.

Avoid fruit juice drinks as they are not the same as fruit juice as they generally contain only a small proportion of fruit juice with water and added sugar.

Avoid all soft drinks such as squash, fizzy drinks, energy drinks and flavoured water, even if they are labelled 'sugar-free', 'no-added-sugar' or 'reduced sugar'.

Snacks

Try to vary snacks across the week.

Starchy foods

Choose bread and bread products with a low salt content where possible and a mixture of wholegrain, wholemeal and white varieties.

Examples:

Pitta

Plain rice cakes (no salted, flavoured or coated varieties)

Toasted muffin

Fruit and vegetables

Provide a variety of fruit or vegetables.

Dried fruit should not be provided as a snack.

Examples:

Cucumber sticks

Carrot sticks

Berries

Grapes

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

Examples:

Hummus

Egg

Milk and dairy foods

Examples:

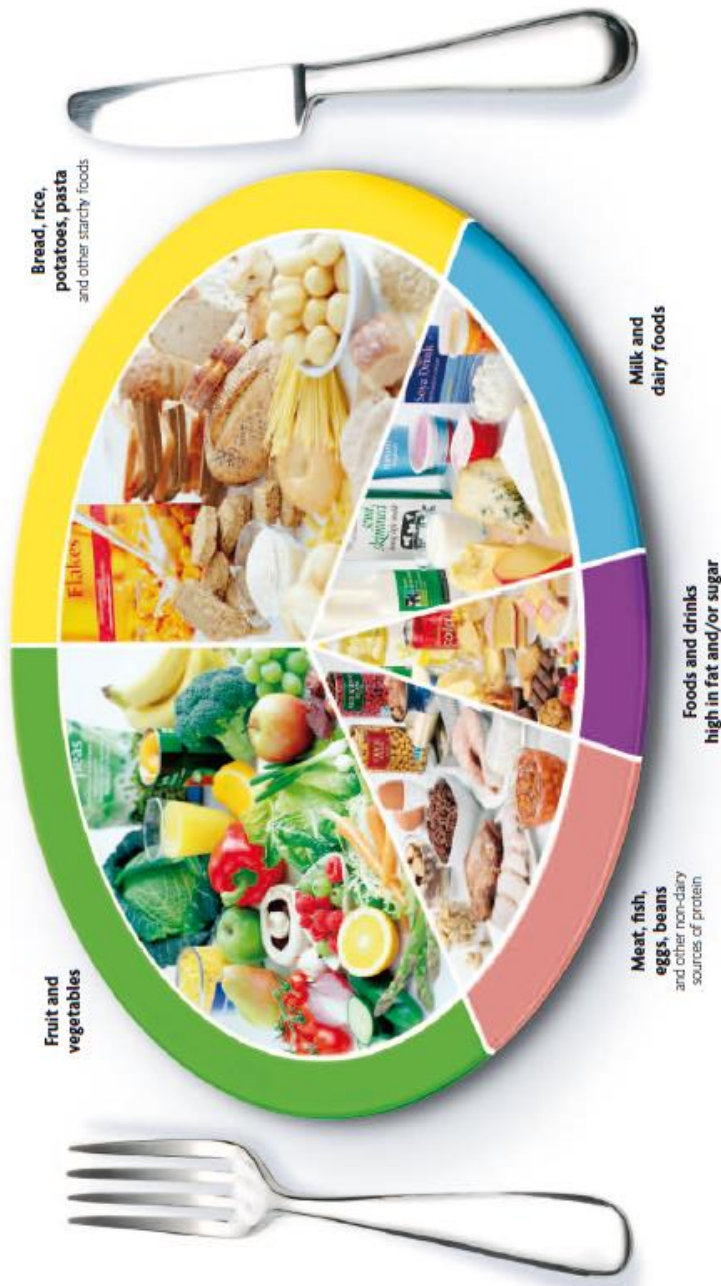
Low fat, low salt cheese

Low sugar natural yoghurt

Avoid all sweet and chocolate covered foods such as cakes, biscuits and confectionery.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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