

SOUTHWOOD PRIMARY SCHOOL

Whole School Food Policy

2024-2027



Approved and Agreed by the Governing Body:

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Review Date: July 2027

Address: Southwood Primary School
Keppel Road
Dagenham RM9 5LT

Telephone: 020 8270 4466

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parents, 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 to healthier children and improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to 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 it 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.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information, please refer to:

- The DFE Standards for School Food in England (updated 2021)
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists, portion sizes and allergy information (updated 2021)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

For maintained nurseries and nursery units' whole milk, rather than lower fat milk, may be provided. Children under 2 years should only be offered whole milk. Fresh clean free drinking water should also be available for children every day. Very young children in nursery should use a free-flow cup for drinking. Staff should also be aware of serving appropriate portion sizes for children and encourage them to stop eating when they are full.

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the 'Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings'. For more information please refer to: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/EatBetter-Start-Better1.pdf>

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-StartBetter1.pdf>

Breakfast is served by school staff from 7.45 -8.20am and we provide the following foods/drinks at breakfast club:

- A variety of fresh fruits
- A selection of fortified low sugar cereals. We offer porridge and other high fibre cereals.
- Toast and Bagels, low fat spread.
- Semi-skimmed milk for drinking or with cereal and low fat (and lower sugar) we offer fromage frais.
- Fresh drinking water

2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables and seeds as a snack. Dried fruit should not be offered as a snack, and should only be offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

- 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#school-food-other-than-lunch>

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 38 and 39: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf> We provide the following snacks:

- Fruit and vegetables are provided for EYFS and KS1 at breaktimes
- KS2 are encouraged to bring in fruit or vegetables at breaktimes
- Tuck shop offers low sugar / high in fibre / fortified cereals with low fat milk for KS2 pupils

2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is served for Reception and KS1 pupils between 12-1 and for KS2 from 1-2pm and is provided by: **BD Group Catering**

All our lunch menus meet School Food Standards, include a range of healthy, quality ingredients and we ensure to make the choice of meals appealing for all pupils. All our lunches address cultural, religious and special dietary needs including food allergies and medical conditions

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

For information on lunch guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 40 and 41:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

2.5 After school club

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

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

We provide a mixture of the following foods/drinks at afterschool club:

- Low sugar Cereal, with semi skimmed milk, including shreddie's, Rice Krispies, Cornflakes and Weetabix
- Fresh fruit
- Water
- Semi skimmed milk and soya milk

Schools cannot provide the following foods for after school club

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

2.6 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.

Lower fat milk is available for children at breakfast and at lunchtimes.

Other than provision once per day of milk, as required by the School Food Standards, we are currently operating as a 'water only' school and following the toolkit below.

<https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>

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

3. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Healthy Schools Borough team
- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors
- School Governors

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision through consultations with all pupils through the School Council. We actively encourage children from different backgrounds to join this group.

4. Food and Drink brought into school and parent engagement

4.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children 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 (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed).

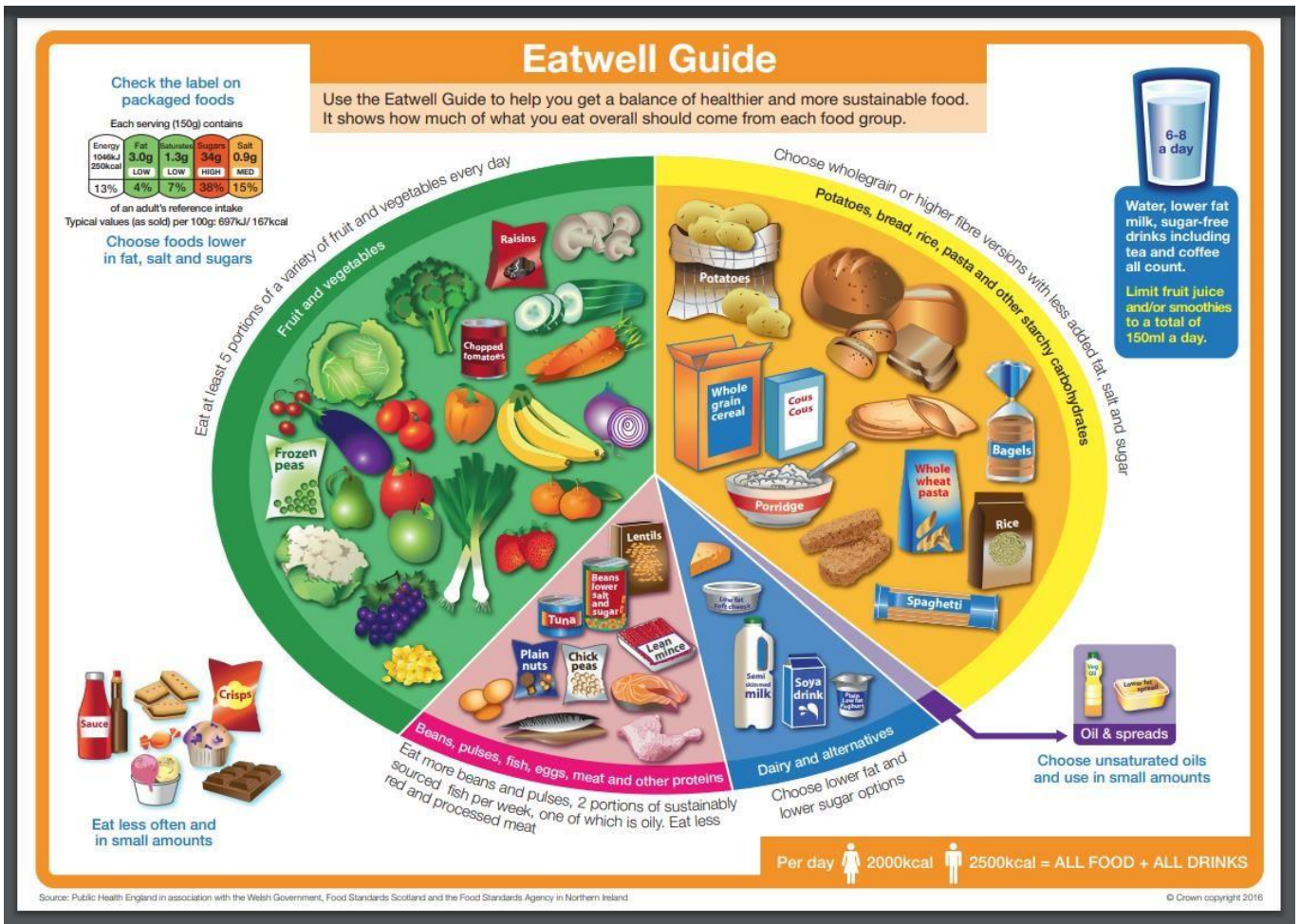
LIMIT:

- Processed 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: no more than 150mls per day (restricted to children aged 5+)

DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips for children aged 5 years and above:
<https://www.nhs.uk/healthierfamilies/recipes/healthier-lunchboxes/>



The above guidance is so we can ensure pupils get a healthy, balanced diet. We know that this can be a challenge for many parents who may face resistance from their children. Therefore, we met with our parent group ('Parent Voices') and agreed on a realistic option that would improve the packed lunches and move us towards the guidance above.

In school we will continue to try and encourage pupils to make healthy choices in their meals. This will be done by:

- Having salad available for all pupils at lunchtimes.
- Having milk available for all pupils at lunchtimes.
- Having regular tasting sessions, where pupils can try new healthy foods.
- Continue to develop our DT food curriculum so it complements our healthy eating plan.
- The pupil led 'Munch Bunch' will reward pupils with healthy packed lunches.

A Healthy Packed Lunch

CHOOSE ONE FOOD
FROM EACH ROW!

A starchy food: any type of bread, pasta, rice or couscous.



A baked / savoury snack: a savoury cracker, breadsticks or baked crisps.



A portion of fruit (grapes should be cut up for younger children).



A portion of vegetables: could also include celery or tomatoes.



A Dairy food: such as cheese, yoghurt or custard.



A drink: water or a low sugar fruit juice (no fizzy drinks).



A sweet treat: a biscuit or cake (no chocolate bars or sweets).



5. Breastfeeding and Healthy Start

We have 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 there can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to:

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-BabyFriendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to: <https://www.healthystart.nhs.uk>

6. Special Dietary Requirements

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances ([guidance here](#))
- People with medical conditions where dietary needs are impacted

Staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirements:

7. 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 line up quietly and enter the hall in small groups
- They are welcomed and greeted warmly by our catering staff
- Children who have school meals and packed lunches are seated together
- The menus are displayed and posters are displayed for special events around the dining hall
- Music is played in the dining hall on occasions

8. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- We provide safe and hygienic facilities to prepare and store all our food
- We complete regular staff training and ensure that risk assessments and hazards are identified.
- Catering food staff (inc breakfast and afterschool club staff) have completed Level 2 food safety certification

9. 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.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Cooking and nutrition is taught across each key stage in PSHE, science and DT For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-englanddesign-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technologyprogrammes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-scienceprogrammes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

10. Extra-Curricular Activities

We run extra-curricular clubs on a termly basis each year including a gardening club and cooking club.

11. Monitoring and Evaluation

SLT, School Governors and the Healthy Schools lead monitor and review this policy, including all menu provision.

Effectiveness of the policy will be assessed through:

- feedback from staff, pupils and parents
- review of the policy by SLT and governors to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

12. Policy Review

This policy will be reviewed every three years.