



# ICENI ACADEMY WHOLE SCHOOL FOOD POLICY

(This document is freely available to the entire school community. It is available to download on the website).

## I RATIONALE

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We now wish to extend this ethos by promoting healthy eating patterns to our children at school, by taking a more pro-active approach to improving the health and wellbeing of children, while attending class.

In the past, as part of the curriculum and to improve the well being of our children, we have incorporated:

- Healthy eating days
- Achieved accreditation as a Healthy School
- Encouraging children to bring in water bottles.

We are now taking the work, already done on food in our school, a stage further by introducing a **Whole School Food Policy**. This policy will cover the following:

- School meals
- Non-school lunch packs
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc

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**.

## 2 AIM

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.

### 3 OBJECTIVES

#### 3.1 Working with the school's caterer

3.1.1 The school and its caterer must meet the new nutritional standards for school meals (The Education(Nutritional Standards and Requirements for School Food)(England) Regulations 2007) and non-school meal food provided in school. The school through its caterer/food provider now must offer the following food groups as part of the school meal and from September 2008 the nutrient standards::

<p><b>Fruits and vegetables -</b></p> <p>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"> <li>▪ 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)</li> <li>▪ <b>The school provides free fruit to all children at break time and lunch time from the pupil premium funding.</b></li> </ul>
<p><b>Meat, fish and other non-dairy sources of protein -</b></p> <p>these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools</li> <li>▪ 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</li> <li>▪ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</li> </ul>
<p><b>Manufactured meat products</b></p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ol style="list-style-type: none"> <li>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 burgers</li> <li>ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and</li> <li>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.</li> <li>iv) A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.</li> </ol>
<p><b>Starchy foods (also see additional requirement on deep frying below) -</b></p> <p><b>these include all bread (e.g.</b></p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</li> <li>▪ 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</li> </ul>

<b>chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</b>	<p>in the cooking process should also be available</p> <ul style="list-style-type: none"> <li>▪ In addition, bread should be available on a daily basis</li> </ul>
<b>Deep fried products</b>	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.
<b>Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</b>	A food from this group should be available on a daily basis.
<b>Drinks</b>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>▪ plain water (still or fizzy);</li> <li>▪ milk (skimmed or semi-skimmed);</li> <li>▪ pure fruit juices;</li> <li>▪ yoghurt or milk drinks (with less than 5% added sugar);</li> <li>▪ drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);</li> <li>▪ low calorie hot chocolate;</li> <li>▪ tea; and</li> <li>▪ coffee</li> </ul> <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<b>Water</b>	There should be easy access to free, fresh drinking water.
<b>Salt and condiments</b>	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
<b>Confectionery and savoury snacks</b>	<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:**

- |                           |                         |
|---------------------------|-------------------------|
| ▪ Bringing in the harvest | ▪ Historical themes     |
| ▪ Bonfire night           | ▪ Taster days           |
| ▪ Chinese new year        | ▪ Curriculum theme days |
| ▪ International themes    |                         |

### **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), they will be taught:

- 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
- Measuring and weighing recipe games
- Have a growing club where vegetables can be grown by the children
- Food in history
- Design a healthy menu for your favourite celebrity
- Extra curriculum activities, including:
  - Caterer's talks about the changes in school meals and nutritional standards
  - Breakfast clubs with cooks and/or volunteers
  - Healthy foods at year discos, camping in the grounds, etc

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 best 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 or diluted squash), water (not flavoured), milk (not flavoured)

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. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

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

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- 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.

### **3.5 The School will provide a safe and healthy eating environment for pupil, 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. In doing so, the school requests children adhere to the following rules:

- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- 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 or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- 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

### **3.6 School Tuck Shop , break time snacks, water bottles**

- Children are encouraged to bring in a healthy snack for break time. These snacks can include fresh fruit, cereal bars or yoghurt. Crisps, sweets and chocolate are not allowed.
- The school tuck shop opens daily and children can purchase healthy snacks which are checked against the official healthy snacks list.
- All children are encouraged to bring in a water bottle to school which is accessible to them throughout the day.
- Water fountains are available for children's use.

### **3.7 The school will Reward pupils for good meal time etiquette and good behaviour**

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

- Teachers are given one free school meal a week if they eat with the children.
- MDAs select 8 brilliantly behaved children to eat at the weekly Star table with the Headteacher.
- Well behaved children are selected termly to eat with the Governors at an extra special star table on monitoring day.
- MDAs use the same reward policy as the rest of the school.

### **3.8 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 SMT, the Healthy school Co-ordinator, school council and the governing body. All reports on the Whole School Food Policy and its findings will be published in the school's newsletter.

3.9 School kitchen. The school has built a small kitchen for curriculum use where pupils will learn to cook basic meals and learn basic hygiene.

**Policy agreed** \_\_\_\_\_

**Ratified by governing body** \_\_\_\_\_

**Review date**