



Staplehurst School

WHOLE SCHOOL FOOD POLICY

Date

Policy ratified by Headteacher

17 January 2024

Policy ratification notified to Governing Body

19 March 2024

Policy to be next reviewed

January 2027



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Whole School Food Policy

Introduction

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. This policy will cover the following:

- School meals
- Non-school packed lunch
- 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'**.

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.

Approach

School Meals

The school and its caterer must meet the [School Food Regulations 2014](#) which came into effect in January 2015. These school food standards are detailed in Appendix 1

Non School Packed Lunches

The school will provide information on healthy foods that should be included in lunch boxes from home in the Information Booklet published on the website

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 pita 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)
- In addition to the above a packed lunch may include one small sweet treat such as, a fairy cake, mini roll or Club biscuit.

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. 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.
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.



- Sweet nut bars, etc.
- Foods containing nuts, etc.
- Packets of nuts

Parents who have difficulty following these guidelines are requested to contact the school

Eating Environment

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:

- All children are required to sit at a table to eat their lunch
- 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
- Children are encouraged to thank catering staff for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

Meal Time Etiquette

The school will Reward pupils for good meal time etiquette and good behaviour.

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
- Parents are welcome to join their children for a school meal at a nominal fee

Healthy Diet Education

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 science, and for personal, social, health and emotional (PSHE) education, 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 on the plate games
- Food in history
- Design a healthy menu for your favourite celebrity
- Extra curriculum activities, including: After school cookery clubs



The school will enlist the help of its PSHE co-ordinator 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

Food Hygiene Standards

The school will ensure its caterers are trained, at least, to Basic Food Hygiene Standards.

The school will ensure their Breakfast Club representative(s) will receive basic food hygiene training.

Monitoring and Review

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 co-ordinator, link governor and school council.



Appendix 1



The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com/ucwv to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



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 has been deep-fried, batter-coated, or breadcrumb-coated, each week*
- No more than two portions of food which include pastry each week*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products*
- Desserts, cakes and biscuits are allowed only 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 10g 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



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*

Food provided outside lunch

- * Fruit and/or vegetables available in all school food outlets
- * No savoury crackers and breadsticks
- * No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week*
- Bread - with no added fat or oil - must be available every day



Healthier drinks*

- 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 150 mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
 - 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, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice



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