



Food in School

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Approved By:	Headteacher

Responsibility for overseeing all aspects of food in school:

Mrs Victoria Abbott (Headteacher) and the Healthy Schools Co-ordinator

AIMS OF THE POLICY

- To ensure hygienic practice at all times.
- To promote healthy attitudes towards food and eating, supporting children and parents in achieving this.
- To encourage enjoyment of a wide range of foods.

INTRODUCTION

Moss Lane school is dedicated to providing an environment that promotes healthy eating. We believe that what you eat affects how you learn, how you feel and how you behave. A varied and balanced diet is essential for maintaining good health and proper growth and development, affecting individuals both now and later in life.

IMPLEMENTING THE POLICY

The school will provide opportunities for the children to grow make and taste a variety of foods in a safe and hygienic environment. Through the curriculum and special themed events the children will learn about the importance of healthy eating and what foods make up a healthy balanced diet. Foods to eat more of will be discussed as well as those foods that we should try to eat less regularly.

As we are committed to promoting healthy eating we will regularly monitor the content of packed lunches and involve pupils in this too. Table monitors (supported by Lunchtime Supervisors and PHSE/Healthy Schools Coordinator) will encourage all children to consume the food at lunchtimes. Advice and feedback will be given to parents/carers where appropriate and members of staff including PSHE lead who is the Health Schools Coordinator can always be approached to support parents/ carers if required

WHY DO WE NEED A POLICY?

The National Diet and Nutrition Survey found that whilst most children are getting the nutrients they need, they are not eating a balanced diet. On average most children were found to be consuming too much sugar, namely from carbonated drinks as well as consuming too much saturated fat generally from a high consumption of pastries and cakes. Overall finding concluded that children could benefit from consuming less food high in sugar and fat, and more fruit and vegetables, bread and other cereals.

The government has placed a duty on all schools to ensure that every child is healthy and has heavily invested in improving school meals, free fruit for schools (which the children are encouraged to eat at Playtime) and **The School Food Trust** which provides regulations to encourage health eating.

THE CURRICULUM

- Throughout various areas of the school curriculum/topics the children will be taught about what constitutes a healthy diet. I.e. The importance of eating five portions of fruit /vegetable each day and the importance of eating foods from each of the five good groups.
- Additional learning about food and nutrition will take place through the schools commitment to supporting National Campaigns and Initiatives for example Healthy Schools Programme, Grow Your Own Potatoes scheme and Fair Trade Week.
- Children have the opportunities to experience hands on learning by being fully instrumental in the up keep of the school Allotment.
- Links are formed with local places of food production to provide meaningful learning opportunities for all children. This will include visits to the local farm/farm shops and markets, supermarkets and restaurants.
- No food /drink are referred to as 'bad'; Children are taught about the importance eating a range of foods from the five different groups highlighting those food groups

we should aim to eat more foods from and which food groups we should aim to eat less foods from. Given this information the children are encouraged to think about making healthy choices in their daily lives.

- Children's learning will be used to create displays.
- Posters around the school environment will be displayed to reinforce importance key messages regarding healthy living and hygiene.

TO ENSURE HYGIENIC PRACTICE AT ALL TIMES

- There lunchtime staff who have gained the Basic Food Hygiene Certificate.
- Food preparation whether as part of the curriculum or for social events, must always take place in the designated kitchen area or at a place cleaned and prepared specifically for this purpose.
- Food should always be stored in airtight containers or refrigerated as necessary.
- Hands will be washed before touching or eating foods and after visiting the toilet or blowing noses. Children will be taught about good hygiene procedures to avoid the spreading of germs and this will be adhered to by everyone.
- Specific aprons for cooking should be used at all times in food preparation.
- Long hair should be tied back and any cuts to hands covered appropriately before handling food.
- Knives and chopping boards need to be used with care to avoid contamination from meat products and thoroughly washed in hot, soapy water after use.
- Fridges and food containers will be checked regularly to ensure food is fresh and 'in date'.
- All food preparation areas will be cleaned immediately after use.
- The Servery will be 'deep cleaned' annually.

TO PROMOTE HEALTHY EATING ATTITUDES.

- Children will learn about the importance of healthy eating directly through the curriculum and indirectly through numerous hands on discovery and experiences.
- Cooked School Meals are provided by Innovate who devise menus in accordance with the nutritional recommendations set out in Government legislation. Nutritional Standards and sample menus can be viewed at <https://innovate2020.cashlesschool.co.uk/>. All meals are balanced and do not exceed the recommended levels of fat and salt. The Headteacher and Senior Lunchtime supervisor will liaise closely with Innovate to ensure quality hot meals are provided daily.
- Fresh drinking water is available to each child in the form of their own named water bottle which they can access freely throughout the school day. Children will be taught about the beneficial effects of drinking water as part of a healthy intake and it's effectiveness at reducing tiredness.
- The school participates in the National Free School Fruit and Vegetable initiative to enable all children to have the opportunity to have at least one piece of fruit/vegetable at snack time.
- The school will work to create a welcoming eating environment that encourages positive social interaction of pupils at mealtimes, including teaching good manners and appropriate use of cutlery. (see Appendix 2)
- The school has achieved National Healthy School Status and has to continually demonstrate that the children understand the importance of leading healthy lifestyles, incorporating healthy eating and exercise for optimal physical and mental wellbeing.
- The importance of healthy eating will be further supported through participation of National schemes, holding focused days/weeks living such as Food Awareness Week and the Grow your Own Potatoes Scheme.
- Key messages will be displayed around the school environment to reinforce and enhance the curriculum.
- The school stipulates that 'Treats' are not given out for Birthdays or other celebrations.

- Drinking water is provided through water fountains and classroom sinks. Pupils are actively encouraged to bring water bottles from home to use at break times and during lessons if needed. We do not permit fizzy and/or energy drinks, fruit juice and cordial are not permitted in class. During lunch times water is freely available with children using school provided drinking cups.
- Children can have daily milk daily. Parents' order this through our cool milk provider. <https://www.coolmilk.com>

TO ENCOURAGE ENJOYMENT OF A WIDE RANGE OF FOODS

- Opportunities to prepare and taste a range of nutritious, healthy foods will be planned into the curriculum.
- Children will learn about food production and preparation through lessons and assemblies to increase their knowledge of new foods and where they are from.
- Children will have opportunities to grow food on the school allotment, and this will include choosing what to grow, tending to it whilst it is growing, harvesting, preparing, cooking and tasting.
- Children will be positively encouraged to try all items of food in their meal / lunch box and to eat a reasonable amount of food at meal times. No child would be forced in any way to eat food they really did not want.
- The notion of meals as a social occasion will also be promoted so that children consider mealtimes as an enjoyable time with family or friends.

Appendix

1. MOSS LANE GUIDANCE FOR PACKED LUNCHES

Packed lunches are best when they contain a balance of foods:

- Fruit and vegetables: **At least** one portion of fruit and one portion of vegetables daily.
- Protein: meat, fish, egg (usually as a sandwich filling) or an alternative source such as lentils, kidney beans, hummus
- Oily Fish: tinned or fresh (tinned tuna is not counted as an oily fish)
- Carbohydrate: starchy food such as bread, pasta, couscous or rice daily.
- Dairy: Milk, cheese, custard, yogurt or Fromage frais in pots (as a general rule tube varieties tend to be very high in sugar content and little else but this varies (depending on brand)).
- Drinks: Water is best followed by semi-skimmed milk, fruit juice or smoothies.

Foods to limit

We ask you to try to keep crisps and processed foods such as sausage rolls to a minimum. We accept these are convenient and popular with children but they do not provide the best nutrition and this can impact on a child's ability to work well in the afternoon. Sweet sandwich fillings such as chocolate spread or Jam should also be restricted and ideally not included more than once a week. Sweets, chocolate bars and fizzy drinks are best kept for treats at home.

(The above suggestions have been taken from the guidance published by The School Food Trust).

Special dietary requirements

Religious and Ethnic groups

The school provided food in accordance with pupil's religious beliefs and cultural practises. Vegetarians and Vegans Our hot meal provider offers a daily vegetarian and vegan option to order from on the online system.

Medical Individual Health Care Plans are created for pupils with special dietary needs/requirements. These documents symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements.

School caterers are made aware of any food allergies/food intolerances/ medical diets and requests for these diets are submitted according to an agreed process. Any child with a special dietary requirement receives a white hot meal tray to make the serving staff aware of special requirements.

The school office keep an allergy list up to date and send to all staff members regularly to make sure staff are aware of any religious requirements, allergies or intolerances within their classroom which can be referred to at any time especially when planning the DT Food and Nutrition curriculum.

ALLERGIES:

We have a **total ban on nuts** and **nut products** as we may have children on roll who have severe allergies to these items. We ask that no such products are brought into school.

Packed Lunch Containers:

We ask that pupils are provided with:

- A packed lunch container where all items can be stored securely and appropriately until lunchtime.
- A clearly named container that is reusable rather than disposable. (With the exception of school outings where disposable bags are sometimes asked for).
- A named ice pack is included especially in warmer temperatures.
- Named cutlery, tubs and drinking bottles.

2. Food and Utensils Storage

- Food may be stored in either the staffroom kitchen area, in the small office fridge or in the group room kitchen area only, depending on the purpose for which it is being stored.
- Any food used for lessons must be either brought in fresh on the day or as near to being used as possible and stored appropriately (air tight container/fridge) until it is required for use. Best Before Dates and Used by date will always be checked before used.
- Any food left over from an activity must be disposed of in a kitchen area bin (which is emptied daily) or stored in an airtight container/refrigerated if necessary.
- Fridges must be regularly checked for out of date food and wiped with a clean, damp cloth. Any out of date food will be disposed of.
- Kitchen utensils and equipment must be stored safely (stored in designated cupboards out of reach of the children). Adults will always be present, facilitating the correct use of kitchen utensils and equipment.
- Kitchen utensils, equipment, table and other surfaces used in food preparation will be thoroughly washed with hot, soapy water after use and returned and put away in the correct place.
- Cleaning and clearing of all areas used for the preparation of food will be undertaken straight after use. It is the responsibility of the person managing the session to ensure this.
- All cleaning materials are stored in a cupboard that is out of reach to children.
- Cleaning cloths and tea towels will be regularly washed at high temperatures.

3. Encouraging positive social interaction of pupil's, good manners and appropriate use of cutlery

- All children having a hot meal will serve themselves.
- Children will be told what the meal is and will be expected to try a little of each food, even if they are unsure.
- Children will be encouraged to use their cutlery appropriately, but if finger foods are served (e.g. pizza) then eating with fingers is acceptable.
- Children will be expected to ask adults before starting their puddings to ensure that an adequate amount of their first course has been eaten first.
- Children will be expected to stay at the table until most of the children on their table have finished eating. This is to discourage some children from rushing their meals to return to the playground and to encourage them to see mealtimes as a social occasion.
- The organisation of the dining room will be regularly reviewed to make sure it is supporting a calm and pleasant experience for all the children.