

# St Augustine's Federated Schools Primary



## Whole School Food Policy

We encourage all community members to be the best that we can be in every aspect of our lives, as we grow in the Christian virtues of Faith, Hope and Love, so that we may live life in all its fullness.

<b>Approved by the Governing Body</b>	June 2024
<b>Next review due by:</b>	June 2026

Whole School Food Policy

## 1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and 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 not only to healthier children, but to 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 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.

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** attached to primary schools there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, 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/Eat-Better-Start-Better1.pdf>

For children aged under 5 years, schools should ensure they access free foods and drinks where available to support younger children, who have slightly different energy and nutrient needs such as the free fruit and vegetable scheme, and access to free milk.

Support is accessed / available to support with this:

- Free school meals in London <https://tinyurl.com/London-Mayor-Free-School-Meals>
- School Milk Subsidy Scheme – Milk at a reduced cost  
<https://www.gov.uk/government/collections/the-school-milk-subsidy-scheme-guidance>
- Nursery Milk Scheme – For children under the age of 5 years to receive a portion of milk free of charge daily (1/3 pint) <https://www.nurserymilk.co.uk>
- Free fruit and vegetables via the School Fruit and Vegetable scheme (SFVS) for children aged 4 to 6 years (outside of lunch provision) ensuring you avoid dried fruit which is not a suitable snack  
<https://assets.nhs.uk/prod/documents/SFVS-factfile-2017.pdf>

## **2.2 Breakfast and After School Clubs**

We provide breakfast for all pupils including the following foods:

- Toast with butter
- Low sugar cereal
- Fresh Fruit
- Yoghurt
- Fruit Juice (limited to 150ml per child per serving)
- Fruit Smoothies (alternated with fruit juice and restricted to 150ml juice at any serving)
- Fresh Water

We provide fresh fruit and vegetables at after school club, along with fresh 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, nuts 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://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that each snack for 1 to 4-year-olds includes:

- A starchy food e.g., toast, pitta bread, rice cakes. With a variety of at least 3 different varieties of starchy food across snack each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary
- Beans, pulses, fish, eggs, meat or other protein may be provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

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>

Snacks that we provide include the following:

- Fruit is provided at break times for all nursery and KS1 pupils.
- KS2 pupils are encouraged to bring in their own piece of fruit at breaktimes and if they attend after school club.
- No other snacks are provided throughout the school day.

## 2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is provided by Harrisons Catering.

All our lunch menus 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.

*Schools cannot provide the following foods for lunch:*

- *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.*

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that lunches include:

- One lunch that only uses pulses or meat alternatives as the protein source for all children
- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much.
- Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

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 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 lunchtimes.

In addition to water and milk, we only provide drinks that are unsweetened, unfortified and additive free. The only other drinks provided at school and offered only to children aged 5 or older are:

- Fruit or vegetable juice or fruit smoothies (maximum portion size of 150mls per day)

We do not provide any other drinks including squash, flavoured water, soft drinks and 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
- Change4Life Nutrition Service
- 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 our Rights Respecting Ambassadors.

#### 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:
<ul style="list-style-type: none"><li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li><li>- Meat, poultry, fish and non-dairy protein e.g. pulses</li><li>- Oily fish at least once every few weeks (e.g. sardines, salmon)</li><li>- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties</li><li>- 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</li><li>- Water or milk (semi-skimmed or skimmed).</li></ul>

LIMIT:
<ul style="list-style-type: none"><li>- Processed meat products sausage rolls, pies, sausages etc</li><li>- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li><li>- Fruit juice: no more than 150mls per day (restricted to children aged 5+)</li></ul>

## 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/healthier-families/recipes/healthier-lunchboxes/>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
<b>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates</b> (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
<b>At least one portion of vegetables and/or fruit</b> (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
<b>A portion of beans, pulses, fish, eggs, meat and other proteins</b> (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
<b>A portion of dairy or an alternative</b> (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
<b>Desserts, cakes, biscuits and crisps</b>	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
<b>A drink</b>	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

For more information and practical tips for children aged 1-4 years old:  
[https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/15195456462/46/Packed\\_lunches\\_Dec17.pdf](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/15195456462/46/Packed_lunches_Dec17.pdf)

Our healthy packed lunch guidance is on the website and regular reminders are included in parent newsletters.

## 5. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health

professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead, we encourage the following:

- To celebrate birthdays, pupils sing 'Happy Birthday' and are able to bring in fruit to share with other children.
- We encourage parents to attend parent workshops where information is provided about how they can support their children to lead healthy lives.
- During special community events, we provide parents with a list of foods to include and those they should avoid.
- On school trips, pupils bring healthy packed lunches in line with the guidance. Those who have school meals, are offered a balanced school packed lunch.

## **7. 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
- 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

## **8. 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 – staff welcome them into the hall
- Children sit together in friendship and social groups, with school meals and packed lunches seated together
- The menus are displayed and posters created by the children and the midday meals supervisors are displayed for special events
- Staff are encouraged to eat with the pupils
- Themed days are held with accompanying music and decoration



## 9. 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 staff have completed Level 2 food safety certification
- Additional food safety measures for younger children are understood and adhered to <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

## 10. 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-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-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>

## 11. Extra-Curricular Activities

We run extra-curricular clubs including a cooking club and a gardening club.

## 12. Monitoring and Evaluation

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

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

### **13. Policy Review**

Policy Implementation Date: June 2024

Next Review Date: June 2026