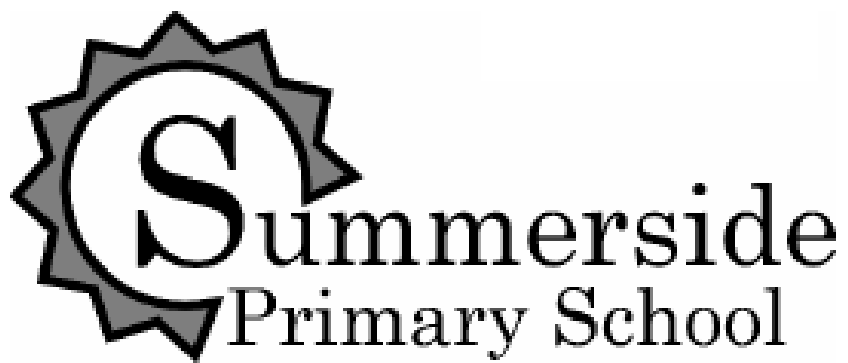


## **Primary Whole School Food Policy for**

**Eagle Solutions Services Ltd**

**Partnering with**



## Table of Contents

Aim of Whole School Food Policy .....	3
Introduction and Overview .....	3
Executive Summary of Objectives .....	4
Objective 1: Healthy Eating .....	5
To promote healthy eating and its benefits for all pupils.....	5
Encourage children to eat more fruit and vegetables .....	5
Promote drinking plenty of fresh water throughout the day .....	6
To provide a positive environment for pupils to eat their lunch.....	6
To support and train all school staff to ensure an integrated approach to promoting healthy eating .....	7
To provide healthy menus that meet or exceed the national nutritional standards for all school meals .....	7
Ensure that all the food and drink provided or for sale within the school is healthy and available to all. ....	8
To support children in developing a taste for foods low in salt, sugar and fat .....	9
To offer inclusive food provision for all pupils .....	9
Objective 2: Whole School Approach .....	10
1. Integrate all school activity to ensure a whole school approach to healthy eating.....	10
To link the curriculum and classroom teaching with snacks and school meal times. ....	10
Objective 3: Making Sure it Works .....	11
1. Execute a management structure to ensure the implementation of the Food Policy throughout the school. 11	
Formalise the status of the Healthy Eating Group (HEG) within a School Nutrition Action Group structure .....	11
Objective 4: Extra-Curricular Activity .....	13
1. Participate in national events and initiatives .....	13
Establish extra-curricular activities that link to healthy eating .....	13
Objective 5: Parents and Healthy Eating .....	15
1. Provide information and activities for parents to promote healthy eating .....	15
A Healthier Lunchbox .....	15

## **Aim of Whole School Food Policy**

The aim of this Food Policy which has been developed in accordance with national guidelines and Eagle Solutions Services is to ensure that all aspects of food and drink in our school promote the health and wellbeing of pupils, staff and visitors to our school. We will accomplish this through education and skills development in the classroom, the food we serve and by working with parents / carers and in the widest school community to ensure that the healthy eating message is taken home.

## **Introduction and Overview**

Our school has taken a “whole school” approach to creating this Food Policy. We take the health and wellbeing of our pupils very seriously, and it is our intention that we co-ordinate all the factors that contribute to promoting healthy eating in our school. This policy links the curriculum, consumption of food and drink at school, school meal times, snacks, parent liaison and school events, so that all pupils are given the best opportunity to learn about and practice healthy eating.

This policy document brings together, all the considerations that contribute to healthy eating activities in our school. We recognise that there is increasing public concern about the quality of children’s diets which has contributed to the increase of child obesity and diet related diseases, and that a key part in that is the low consumption of fruit and vegetables by children. We also recognise that for some of our pupils, the school meal is their main meal of the day, and that we are responsible for ensuring that all children have access to healthy food and good information about a healthy, balanced diet.

As part of this policy we are developing a Food Policy Action Plan, which allows us to monitor and evaluate our progress as we build on the good practice within our school, and which will demonstrate our continuing commitment to making our school a healthy place for all. Our Action Plan will demonstrate that we will continue to work closely with our Catering staff and the whole school Community to ensure that healthy eating is at the heart of all our provision to our pupils.

## **Executive Summary of Objectives**

### **Objective 1: Healthy Eating**

1. To promote healthy eating and its benefits for all pupils
2. Encourage children to eat more fruit and vegetables
3. Promote drinking plenty of fresh water throughout the day
4. To provide a positive environment for pupils to eat their lunch
5. To support and train all school staff to ensure an integrated approach to promoting healthy eating.
6. To provide healthy menus that meets or exceeds the national nutritional standards for all school meals
7. Ensure that all the food and drink provided or for sale within the school is healthy and available to all.
8. To support children in developing a taste for foods low in salt, sugar and fat.
9. To offer inclusive food provision for all pupils.

### **Objective 2: Whole School Approach**

1. Integrate all school activity to ensure a whole school approach to healthy eating
2. To link the curriculum and classroom teaching with snacks and school meal times.

### **Objective 3: Making Sure it Works**

1. Execute a management structure to ensure the implementation of the Food Policy throughout the school
2. Formalise the status of the Healthy Eating Group (HEG) within a School Nutrition Action Group structure

### **Objective 4: Extra-Curricular Activity**

1. Participate in national events and initiatives
2. Establish extra-curricular activities that link to healthy eating

### **Objective 5: Parents and Healthy Eating**

1. Provide information and activities for parents to promote healthy eating
2. A Healthier Lunchbox

## **Objective 1: Healthy Eating**

### ***To promote healthy eating and its benefits for all pupils***

Promoting healthy eating is important because there is a need to address the rise in childhood obesity and diet related diseases in children. We are all prioritising a whole school approach for improving the diets of children and young people, and our school will be assessed on our ability to promote healthy eating and how successful we have been in conveying this message to our pupils -and whether it has made a difference. Therefore we will ensure that

- a. Teachers reinforce messages about healthy eating in the classroom.
- b. Catering staff visit classrooms and talk about their approach to preparing healthy food for school lunch.
- c. Use schemes to promote healthy eating and provide opportunities to learn about diet, nutrition, food safety and hygiene, food preparation and cooking, as well as where food comes from; and actively promote healthy food and drink as part of an enjoyable and balanced diet.

### ***Encourage children to eat more fruit and vegetables***

- a. Provide fruit whenever possible within the school day.
- a. Always offer at least two portions of fruit & veg a day.
- b. Encourage staff (teaching and non-teaching staff) and invite parents and governors to eat with pupils regularly to reinforce healthy eating.
- c. Only allow fruit or raw vegetables at break time.

The National Nutritional Standards define a healthy diet as:

- A balanced diet with plenty of variety and enough energy for growth and development.
- Plenty of fibre-rich starchy foods such as bread, rice, pasta, potatoes and yams.
- Plenty of fruit and vegetables (5 portions a day are recommended)
- Not too much saturated fat
- Moderate amounts of dairy products
- Moderate amounts of meat, fish or alternatives
- Not having sugary foods and drinks too often.

Our caterers are legally required to use these standards, and we are committed to using these standards as a guide to the other food we offer in our school -with a particular focus on increasing the amount of fruit and vegetables children eat.

### ***Promote drinking plenty of fresh water throughout the day***

School recognises that dehydration leads to a range of health problems, as well as affecting children's mood, behaviour and ability to concentrate. Water makes up about two-thirds of our body weight. And it's important for this to be maintained because most of the chemical reactions that happen in our cells need water. We also need water for our blood to be able to carry nutrients around the body.

Water is the best choice for quenching thirst between meals. It is totally calorie free and contains no sugars that damage teeth.

Therefore we will

- a. Make water freely available to pupils throughout the day, including in classrooms.
- b. Permit only water, plain fruit juice or milk to be consumed on school premises by pupils.

In climates such as the UK, we should drink approximately 1.2 litres (6 to 8 glasses) of fluid every day to stop us getting dehydrated. In hotter climates the body needs more than this.

### ***To provide a positive environment for pupils to eat their lunch***

Our whole school approach to this policy shall support using classroom learning and projects as the dining room display. We have a commitment to

- a. Ensure all pupils have enough time to eat their healthy lunch
- b. Ensure the dining hall areas are decorated by children's work promoting healthy eating
- c. Ensure the lunch time menu is clearly and pleasantly displayed for all to see
- d. Devise and implement strategies to encourage and reward good table behaviour
- e. Extend practice of having school lunch and packed lunch diners sitting down and eating together
- f. Ensure that pupils bringing packed lunch dispose of their rubbish appropriately (compost and recycle if possible).

Posters obtainable from [www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

## ***To support and train all school staff to ensure an integrated approach to promoting healthy eating***

A whole school approach demands that all the staff working with children meet together and join up the work they are doing with the children. The classroom teaching on healthy eating should be backed up in practice by staff helping children make healthy food choices at meal times.

In our school we will ensure that teachers, lunch time supervisors and catering staff are all aware of the Nutritional Standards

- a. Ensure that all staff are aware of the nutritional standards for schools, especially what makes up a balanced meal.
- b. Train staff to work together to connect the teaching about healthy eating in the classroom with snacks and meal times.
- c. Encourage catering staff to be closely involved with children at mealtimes to reinforce healthy eating message.
- d. Provide joint training on implementing school Food Policy between teachers, lunchtime supervisors and catering staff, where applicable.
- e. School meals and packed lunches to be discussed as a regular agenda item within the School Council.

## ***To provide healthy menus that meet or exceed the national nutritional standards for all school meals***

Statutory guidelines exist for the provision of school meals. They set out a number of food and nutrient standard which must be followed. These guidelines can be found on the School Food trust website and for the purpose of this policy are summarised below. We will ensure that these guidelines are followed;

- a. Use best endeavours to ensure that we provide food which is prepared that day from fresh locally sourced produce wherever possible, including meat sourced exclusively from the EU, and avoids the use of ingredients such as artificial food colorants, flavourings and trans-fats.
- b. Involve mealtime supervisors/TA.s, catering staff, the School Council and parents in the menu choice for the school, to ensure that healthy food popular with the pupils are selected and encouraged. iii. Put in place a monitoring system linked to the Healthy Eating Group to formalise feedback to caterers regarding consistency of standards and compliance with standards generally.
- c. Ensure healthy options are available at after school and breakfast clubs.

d. All the food provided in the school is fresh and suitable for the children in the school. The set menus follow the Nutritional Standards and Regulations for Schools as laid out in:

- [School Standards and Framework Act 1998: Section 114 \(www.legislation.hmso.gov.uk\)](http://www.legislation.hmso.gov.uk)
- [Nutritional standards are set out in the Education Nutritional Standards for School Lunches \(England\) Regulations 2000 \(SI2000/1777\) www.hmso.gov.uk](http://www.hmso.gov.uk)

Food Standards
<i>FRUIT AND VEGETABLES – A PORTION OF EACH AVAILABLE FOR EVERY CHILD</i>
<i>OILY FISH – ON THE MENU AT LEAST ONCE EVERY THREE WEEKS</i>
<i>BREAD &amp; WATER – AVAILABLE EVERY DAY</i>
<i>ONLY HEALTHIER DRINKS CAN BE PROVIDED</i>
<i>STARCHY FOOD COOKED IN OIL SUCH AS ROAST POTATOES RESTRICTED TO THREE DAYS A WEEK</i>
<i>DEEP-FRIED FOOD SUCH AS CHIPS RESTRICTED TO TWO ITEMS PER WEEK</i>
<i>MEAT PRODUCTS SUCH AS SAUSAGES, BURGERS, PIES AND NUGGETS RESTRICTED TO ONCE A FORTNIGHT EACH</i>
<i>SALT SHOULD NOT BE AVAILABLE FOR CHILDREN TO USE</i>
<i>PORTION SIZE OF CONDIMENTS RESTRICTED</i>
<i>SNACKS SUCH AS CRISPS &amp; CHOCOLATE NOT ALLOWED. PLAIN NUTS, SEEDS, VEGETABLES AND FRUITS ARE ALLOWED</i>

Nutrient Standards - An average school lunch must contain		
Nutrient	Primary	Secondary
Energy	530 cal +/- 5%	646 cal +/- 5%
Carbohydrate	70.6g minimum	86.1g min
Non-milk extrinsic (NME) sugars	15.5g max	18.9g max
Fat	20.6g max	25.1g max
Saturated fat	6.5g max	7.9g max
Protein	7.5g min	13.3g min
Fibre	4.2g min	5.2g min
Sodium	499mg max	714mg max
Vitamin A	175µg min	245µg min
Vitamin C	10.5µg min	14µg min
Folate	53µg min	70µg min
Calcium	193mg min	350mg min
Iron	3mg min	5.2mg min
Zinc	2.5mg min	3.3mg min

***Ensure that all the food and drink provided or for sale within the school is healthy and available to all.***

In order to integrate our school Food Policy, we will provide guidelines for staff and parents about all food consumed at school

- Provide guidelines for other food used or sold on school premises (e.g. cake sales) and create a nut-free zone to protect those with allergies



- b. Provide food which conforms to healthy eating guidelines for consumption at school events (e.g. Fairs, Bingo and Quiz Night evenings)
- c. Ensure that food rewards, prizes or gifts given to children are all healthy
- d. Provide guidelines to parents and carers in relation to food for birthday celebrations at school including if homemade, food is to be nut-free and ingredients listed / provided
- e. discourage sharing of sweets/chocolates
- f. Provide early warning to enable teachers to offer children with allergies alternative choice.

### ***To support children in developing a taste for foods low in salt, sugar and fat***

In our school, we encourage children to try different foods to ensure they eat a healthy balanced diet. We recognise the impact of a poor diet and eating habits in early years on a person later in life and the importance of positively influencing young children. Our Catering service is committed to

- a. Providing food that is low in salt, sugar and fat.
- b. Encouraging children to eat a range of foods, by using taster pots and food tasting sessions.
- c. Offering fruit or raw vegetables to children at break and lunchtime.
- d. Limiting access to high fat foods, such as chips and crisps in both school and in packed lunches.

### ***To offer inclusive food provision for all pupils***

It is our aim that all children eligible for free school meals receive it and that the school meals provided are appropriate to our school community and reflect the differing needs of all. We

- a. Monitor school meal take up closely, ensuring that children who are eligible for free school meals receive them.
- b. Ensure that the food offered by the catering service reflects the ethnic needs of the school community and pupils are able to eat food appropriate to their religious or social beliefs.

## **Objective 2: Whole School Approach**

### ***1. Integrate all school activity to ensure a whole school approach to healthy eating***

A Whole School Food Policy enables a school to develop and maintain a shared philosophy on all aspects of food and drink. It makes a public statement which demonstrates how a school cares for and makes a positive contribution to the health and wellbeing of pupils, staff and other stakeholders. We recognise the value of this approach for our school, and we will

- a. Ensure that the Food Policy and healthy eating message is adopted throughout the school.
- b. Distribute copies of the Food Policy to governors, teaching and non-teaching staff.
- c. Distribute a concise summary to parents and pupils, make full copies available on request and post the Food Policy on the School website.
- d. Ensure that any food distributed for any reason in the school, is done in accordance with the school's commitment to promote healthy eating.

### ***To link the curriculum and classroom teaching with snacks and school meal times.***

Whilst food does not appear as an individual subject in its own right in the national curriculum, there are many opportunities for teaching children about issues related to food and nutrition.

The importance of a balanced diet for health is covered in the Foundation Curriculum such as Personal, Social and Emotional Development e.g. role modelling by teachers, Knowledge and Understanding of the World e.g. to encourage children to try new foods and the Physical Development e.g. good food to be healthy.

Where possible, we will link this classroom teaching with our wider school activities.

- a. Work with catering staff to combine curriculum subjects with food offered at lunchtime (e.g. India week – offer a range of healthy Indian foods)
- b. Ensure that the curriculum subjects are put into context of what they can mean in practice.
- c. Display classroom work on healthy eating in the dining area.
- d. Underpin the formal curriculum through subjects such as science, PSHE and citizenship.

## **Objective 3: Making Sure it Works**

### ***1. Execute a management structure to ensure the implementation of the Food Policy throughout the school.***

Healthy Eating Group should evaluate the Action Plan annually, and update it by setting new targets according to the needs of the school. The School will

- a. Appoint a Food Policy co-ordinator to lead on the implementation of the Food Policy Action Plan, and monitor and evaluate its progress.
- b. Review the Food Policy Objectives annually.
- c. Link with other Schools via the Healthy Schools and Food for Life Partnerships Initiatives and Eagle Solutions Services client schools
- d. Agree commitment to implement Food Policy with governors, head teacher, teachers and catering staff.
- e. The Food Policy Co-ordinator to oversee the delivery of the Action Plan, report to the Healthy Eating Group and to the senior management team.

### ***Formalise the status of the Healthy Eating Group (HEG) within a School Nutrition Action Group structure***

School Nutrition Action Groups (SNAG) are school based alliances involving staff, pupils and caterers, supported by health and education professionals. The composition of a SNAG will depend on your school needs. It will also depend on what already exists -as your school may already have a School Council or a healthy eating group. If this is the case, the SNAG might be a sub-group of an existing structure or it may not be necessary to form a new group to focus specifically on food and nutrition. All group members should work together to review and expand the range of food and drink in order to increase the uptake of a healthier diet and ensure consistent messages from the curriculum and the food service.

- a. Appoint a Food Policy Co-ordinator,
- b. Food Policy Co-ordinator to identify membership to include pupils, teachers, lunch time supervisors, catering staff, parents, governors
- c. HEG group to monitor and evaluate the Food Policy Action Plan
- d. HEG to select lunch menus
- e. HEG to feedback to schools senior management team



## Objective 4: Extra-Curricular Activity

### ***1. Participate in national events and initiatives***

At our school we follow guidance that encourages us to get involved with national initiatives. We have a commitment to accessing national events and competitions to raise the participation and profile of healthy eating in our school

- a. National Healthy School Standard
- b. Growing Schools
- c. Food for Life Partnerships

The following websites give more details of these and other schemes:

[www.teachernet.gov.uk](http://www.teachernet.gov.uk)

<http://www.foodforlife.org.uk/>

[www.foodafactoflife.org.uk](http://www.foodafactoflife.org.uk)

<http://www.education.gov.uk/schools/pupilsupport/pastoralcare/a0075278/healthy-schools>

[www.nutrition.org.uk](http://www.nutrition.org.uk)

<http://www.growingschools.org.uk/>

[www.5aday.nhs.uk](http://www.5aday.nhs.uk)

[www.wcrf-uk.org](http://www.wcrf-uk.org)

### ***Establish extra-curricular activities that link to healthy eating***

Providing pupils with the opportunity to learn about growing and cooking food can have positive benefits for promoting and implementing the healthy eating message throughout the school. For example, the benefits of a growing club as follows:

A growing club:

- Contributes to pupils' knowledge of healthier eating, e.g. 5 A DAY
- Offers pupils the chance to experience growing food
- Provides a context for looking at food chain issues and understanding where food comes from
- Provides real life links to complement the formal curriculum and activities, such as the School Fruit and Vegetable Scheme
- Can increase the contact between the school and the local community
- Provides an opportunity to involve parents/carers and strengthen home-school links

- Acts as a focus in which the whole school can feel proud; boosts the confidence of the pupils who take part.

In order to ensure that our school derives the benefit of these opportunities we will actively

- a. Support new clubs such as a “growing club” for gardening activities to encourage children to actively engage in the production and preparation of food, both cooked and raw to make the most of the School’s garden.
- b. Support existing clubs to see how they can further enhance healthy eating e.g. Breakfast Club.
- c. Support existing clubs which promote physical activity and emphasise importance of the link between exercise and healthy eating and all round better health.

Details of how to establish a cooking and growing club can be found at:

[www.foodinschools.org/toolkit](http://www.foodinschools.org/toolkit) | [www.face-online.org.uk](http://www.face-online.org.uk) (growing schools) | [www.teachernet.gov.uk](http://www.teachernet.gov.uk)

## **Objective 5: Parents and Healthy Eating**

### ***1. Provide information and activities for parents to promote healthy eating***

In our school we are committed to involving parents in our healthy eating policy and plan a range of initiatives each school year. Ofsted emphasises the importance of working with parents in order to promote healthy eating for children. Parents have significant responsibility for monitoring the nutrient intake of their children, and we will work with them to ensure that they are aware of the benefits of eating healthily. To achieve this objective, we will

- a. Send the executive summary of the Food Policy to all parents.
- b. Discuss the School's healthy eating policy at parents' evenings.
- c. Involve parents in the menu selection for school lunches.
- d. Provide parents with the menus for all school meals
- e. Offer tasting promotion days for food in schools and Promote the behavioural benefits of healthy eating
- f. Provide parents with guidance for healthy packed lunches including a black list of items not permitted at any time such as fizzy drinks and a "grey list" of items such as crisps, chocolate which are permitted on an only occasional basis
- g. Invite parents to participate in Healthy Eating Group.
- h. Provide parents of new children with a Food Policy Induction pack
- i. Invite parents to join the school at meal times to share lunch with the children.

### ***A Healthier Lunchbox***

In order for the whole school to adopt a healthy eating standard we are committed to working with children and parents to ensure that children who bring lunches to school only bring in healthy foods. Guidance suggests conducting a lunch box audit and requests that schools issue guidance to parents about the lunch box contents.

A Healthier Lunchbox Includes:

- a. A good portion of starchy food e.g. wholegrain bap, thick sliced wholemeal or white bread, pitta bread, pasta, couscous, noodles or rice salad.

- b. Plenty of fruit and vegetables e.g. an apple, Satsuma, handful of cherry tomatoes or carrot sticks.
- c. A portion of milk or dairy food, e.g. portion of cheese or pot of yoghurt.
- d. A portion of lean meat, fish or alternative e.g. ham, tuna, egg, lentils, kidney beans, chickpeas, hummus and falafel.
- e. Include oily fish, such as salmon, at least once every three weeks.