



# St Barnabas and St Philip's CE Primary School

## Food Policy

<b>Approved by</b>	Headteacher
<b>Date</b>	Autumn 2020
<b>Date for Review</b>	Autumn 2021

## **Summary**

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra-curricular events. Key changes:

- Only water to be consumed in school
- Fruit and vegetables only to be given as snacks during school day
- Healthy / balanced approach to lunches within school

## **Why is a policy needed?**

At St Barnabas and St Philip's CofE Primary School we recognise the important part that a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

## **National Guidance**

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the Eatwell Plate Model of Healthy Eating (Appendix 1) and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

## **Application**

This policy covers the areas of:

- Break time snacks including those brought from home.
- Water
- School Lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations

The policy applies to all staff, pupils, parents, governors and partner agencies working within school.

### **Break time snacks**

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme.

Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

### **Water**

Clean filtered drinking water will be available for all pupils throughout the day and pupils will be encouraged to drink water at frequent intervals. All packed lunch pupils have access to water at lunch time meaning there is no need for an additional drink to be brought as part of a packed lunch. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Bottles go home at the end of every day to be washed and returned.

No drinks other than water will be brought into school by pupils unless recommended by a doctor for medical needs.

### **School lunches including packed lunches**

At St Barnabas and St Philip's School all school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. "A whole school approach to healthy school meals, universally implemented for all pupils, has shown improvements in academic attainment at key stages 1 and 2, especially for pupils with lower prior attainment"

We will provide Universal Free School Meals for children in Foundation Stage two and Key Stage 1 and encourage parents to take up this offer. We are committed to providing food which is compliant with all national guidelines.

Staff will work with children to provide a clean, safe, attractive and appropriate dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. (Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.)

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

Any meals taken as part of on or off school site residential will provide a balanced and healthy approach to meals and where possible we will look to use off site providers that comply with the National Food Standards.

### **Content of Packed Lunches Foods to include:**

Some families prefer to provide a packed lunch and we are aiming for our packed lunches to be as healthy as they can be. If children have a packed lunch our packed lunch guidance supports parents to make informed choices to create it healthily.

We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and should include the following:

- Fruit and Vegetables; at least one portion of fruit and one portion of vegetables
- Protein; meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- Oily Fish; such as tinned or fresh mackerel, sardines, salmon, tuna
- Carbohydrate; starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- Dairy; food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible.
- Drinks; water, pure fruit juice (no added sugar), semi-skimmed or skimmed milk, reduced fat and sugar yoghurt, milk drinks or smoothies. **NO FIZZY DRINKS**
- Puddings; should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.

### **Foods to avoid or limit:**

- Crisps, cakes and plain biscuits
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

### **Packed lunches should not include any of the following:**

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and peanut products

### **Packed Lunch Containers**

We ask that parents/carers and pupils:

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

### **Special diets and allergies**

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Food allergies are on the rise and can cause a severe, systemic, potentially fatal allergic reaction called anaphylaxis in allergic pupils.

Anaphylaxis = an extreme, often life-threatening allergic reaction to an antigen (e.g. peanuts, bee stings etc.) to which the body has become hypertensive.

Peanut and tree nut (i.e. almonds, Brazil nuts, pine nuts etc.) allergies account for most fatal and near-fatal anaphylactic reactions. Allergic pupils can experience anaphylaxis if they touch, inhale or ingest even the slightest trace or residue of the allergen.

To help make St Barnabas & St Philip's School a safe place for our increasing number of peanut and tree nut allergic pupils, we are a peanut and tree nut free School. Our school kitchen is meticulously a nut free environment.

### **Packed Lunches/After School Club Snacks/Home-time Snacks**

Please **do NOT send** or bring any of the following to school:

- Peanut butter or any other nut butter including Nutella
- Crackers with peanut butter filling
- Any muesli bar, biscuit or other product that list nuts as an ingredient
- Trail mixes with nuts, granola bars with nuts, or dried fruit with nuts
- Nuts in salad
- Loose nuts of any kind (peanuts, almonds, cashews, hazelnuts, walnuts, mixed nuts, coconut, pecans, pistachios, etc.)
- Anything cooked in peanut oil that has been cold pressed, expelled or extruded

### **Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through Science, PHSE, PE and Design and Technology.

### **Breakfast Club/Learning Centre/After School Clubs**

Food provision at our breakfast and after school club is compliant with the National School Food Standards. Relevant staff have basic food hygiene.

### **Events and Celebrations**

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes. If parents

want to bring something in to celebrate birthdays we would ask to consider alternatives or small portions of sweets.

### **Monitoring**

We consult annually with caterers, pupils, parents /carers and staff and involve them in reviewing school meals. The results are used to evaluate the impact of the food policy and to further improve school meals.

### **Policy Review**

This policy will be reviewed as part of the schools agreed policy review process. In addition any major legislative or governmental changes regarding school food may lead to this policy being amended.

Appendix 1 – The Eatwell Plate

# the eatwell plate

**Fruit & vegetables**

Use the eatwell plate to help you eat a healthy, balanced diet.

Eat fruit: at least 5 portions.  
A third of your day's food.

Good for vitamins, minerals, fibre.  
Fresh, frozen, tinned, dried or 100% juice all count.

**Bread, rice, potatoes, pasta and other starchy foods**

Have every meal on starchy foods.  
A third of your day's food.

Good for energy-giving carbohydrates, and for vitamins, minerals, fibre.  
Choose wholegrain, wholemeal or 'high fibre' varieties.

**Meat, fish, eggs, beans and other sources of protein**

Eat moderate amounts only.  
About 2 or 3 portions a day.

Good for protein, minerals, vitamins.  
Pulses (beans, lentils) are a good alternative to meat.

**Milk & dairy foods**

Eat moderate amounts only.  
About 2 or 3 portions a day.

Good for calcium, protein, vitamins.  
Choose lower fat versions.

**Foods and drinks high in fat and / or sugar**

Eat and drink these only occasionally and in small amounts. Cut down on saturated fat.  
Choose lower fat and lower sugar versions when you can. Avoid salty foods.

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