

Policy:	<b>Food and Drink Policy</b> November 2022	
Status:	Non- Statutory	
Review Date:	3 years – Nov 2025	

### Introduction

St. Botolph's Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

### Food policy co-ordinator

This school food policy and healthy eating strategy is co-ordinated by Emma Pepper.

### Food policy aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day

These aims will be addressed through the following areas:

#### 1.EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

#### 2.CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage within Science and PSHE and our dedicated 'Healthy Me' week.

This is addressed through:

#### Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning.

#### Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. To facilitate this staff will be kept up to date with Food in School issues.

#### Visitors in the classroom

This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

## **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. These are stored in the topic boxes. The range of materials used is available for review on request to the co-ordinator/head teacher. Books are available for pupils in the library.

## **Evaluation of pupils learning**

The healthy eating aspects of the National Curriculum are assessed ultimately through SATS in Year 6. Prior to this, other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

## **3. FOOD AND DRINK - PROVISION THROUGHOUT THE SCHOOL DAY**

### **National Nutritional Standards for School Lunches**

National Nutritional Standards for school Lunches became compulsory in April 2001.

The Government have since introduced new standards for school food. There are three parts, which were phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time and encourages pupils to eat fruit and drink milk or water.

### **Use of food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

### **Drinking water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water via water fountains. Children are also encouraged to bring their own water bottle to drink throughout the day.

## **4. FOOD AND DRINK BROUGHT INTO SCHOOL**

**Snacks & Packed lunches** Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches.

The school encourages parents and carers to provide children with snacks and packed lunches that complement these standards. We have developed a RAG rated packed-lunch policy alongside parents and children in line with these standards (**see Appendix**).

## **5. SPECIAL DIETARY REQUIREMENTS**

### **Special diets for religious and ethnic groups**

The school would provide food in accordance with pupils' religious beliefs and cultural practices

### **Vegetarians and vegans**

School caterers offer a vegetarian option at lunch everyday. When necessary the school would also provide a vegan option.

**Food allergy and intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

**6. FOOD SAFETY**

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

**7. MONITORING AND EVALUATION**

The implementation of this policy will be monitored and evaluated by the Headteacher/Healthy Schools co-ordinator.

## Appendix

### Food and drink in packed lunches:

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with parents to ensure that packed lunches take consideration of the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep the food fresh.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

#### **A balanced packed lunch should include:**

- At least one portion of fruit and/or vegetables every day.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Meat, fish or other non-dairy protein every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais everyday
- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

#### **Packed lunches could include in moderation:**

- Snacks such as crisps, savoury crackers or breadsticks
- Confectionary such as a small, snack-size chocolate bar, chocolate-coated biscuits. Small cakes and biscuits are allowed BUT encourage your child to eat these only as part of a balanced meal and as a treat for eating other items in their box first.
- Meat products such as sausage rolls, individual pies, and sausages/chipolatas

#### **Packed lunches should not include:**

- **Full-size chocolate bars and sweets**
- **Fizzy drinks**
- **Nuts – we cannot permit nuts as some children have severe nut allergies**

### Special diets

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.