

# Allington Primary School Food Policy



ALLINGTON PRIMARY SCHOOL

## **Rationale**

Allington Primary School is committed to creating an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through a well-planned and taught curriculum and a variety of enrichment activities we aim to improve the health and wellbeing of children. At this school we believe a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills. The policy will apply to all programmes and activities on the premises including extra-curricular clubs and BASC provision.

## **Aims**

- To improve the health and well-being of all stakeholders within the wider school community.
- To ensure that the school provides consistent messages for food and drink.
- To provide stakeholders with confidence, skill and understanding to make healthy food choices.
- To encourage healthy lunches by promoting the school meals service. Parents who choose to provide packed lunches are encouraged to provide a healthy packed meal.
- To encourage good hygiene when handling food in curriculum time and before eating meals.
- To encourage children to drink water in class and at lunchtimes and breaks. Water is available from school water taps from own water bottles. Children are encouraged to take water to school clubs and to refill their bottles as needed.

## **Objectives**

### **Working with the school meals caterer to ensure healthy eating**

Food is provided by Contract Dining Catering Services. Parents can request a copy of the three week rotational menu, which includes a vegetarian option. Weekly menus will be displayed in the school reception/hall areas.

The school and its caterer meet the nutritional standards for school meals.

The school meals provider provides food in accordance with pupil's religious beliefs.

Individual health care plans are created for children 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 food allergies and intolerances and provide individual diets as are needed.

The school works with the school meals provider to encourage children to take part in special themed meals such as the Christmas lunch or World Book Day themed lunch.

There is regular liaison with the caterers to develop variety in meals such as jacket potatoes and packed lunches to encourage children to take the school meals option and also to discuss issues with particular meals.

The school caterers offer packed lunches for all children on educational visits to encourage healthy eating during offsite activities.

The option of school lunches is promoted at the admissions phase.

Food is presented at children's height and the cooks and other staff talk through the options.

Children are encouraged to try different foods each day by the cook and other staff.

Children are expected to choose one of the main options and vegetables or salad each day.

Healthy dessert options are offered, ranging from fruit, yoghurts and a hot alternative.

In EYFS and Year 1 a member of staff lines up with children to help them make decisions on their balanced diet.

Children are encouraged to eat their main meal before dessert and this is monitored by the members of staff present in the hall.

Children who eat little are monitored and encouraged and their teachers and parents are informed.

### **BASC provision**

Breakfast Club operates on a daily basis in the school and is available for all children. The food offered is healthy and is consistent with a healthy diet. We provide toast, bread, low fat spread, fruit jam, marmite, yoghurt, fruit and low salt and low sugar fortified cereals. Children choose from water, orange juice and apple juice to drink. Similarly, Afterschool Club operates on a daily basis. The food offered is also consistent with a healthy diet. The food offered is a light-evening tea and is not intended to substitute an evening meal. Foods offered include pasta bowls, sandwiches, pizza, fruit and yoghurt.

### **Teaching about healthy balanced diets through the school curriculum**

The school includes work associated with healthy balanced diets in its curriculum. This is taught through science, Citizenship and food technology lessons. The children learn about nutritional aspects of food. They have opportunities to prepare and cook food. Children will be taught about healthy eating in school and the school policy regarding snacks and lunchboxes. Children in Reception and KS1 are encouraged to eat the fruit from the free fruit scheme. There is a consistent message across the curriculum about healthy eating. Children in KS2 requiring an additional snack are able to purchase fresh fruit and vegetable snacks from the Tuck Shop. If they choose to bring in a snack from home, they are encouraged to bring fresh fruit or vegetables only. The school promotes fresh cool milk. Children under 5 are supplied free of charge. However, this is available to all children at a minimal cost. Parents can go online at [www.CoolMilk.co.uk](http://www.CoolMilk.co.uk) or request a form from the school office. Children will learn about food hygiene in science and food technology lessons.

### **Working with parents to provide healthy food at lunchtime.**

The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day and recommends this option to parents. However, for those children who prefer a lighter lunch, a baguette option is also available. As part of the induction into Year R, all parents are encouraged to take up the hot school meal option and receive written information about this before beginning school, including information about how allergies are catered for. The school is flexible in offering choices so that children on a daily basis may choose a meat meal, vegetarian meal, jacket potato or packed lunch option. If parents choose to provide their child with a packed lunch they are encouraged to consider healthy options. The school promotes healthy packed lunches and asks parents not to include fizzy drinks, nut products, sweets or chocolates. In the appendix attached to this policy there are recommendations for a healthy lunchbox.

### **Providing a safe and healthy eating environment for children having lunch at school**

Children are required to sit at a table in order to eat their lunch. In the warmer months, there may be occasions to sit outside to eat a packed lunch if the weather is suitable. There are two sittings at lunchtime to avoid the lunch hall becoming overcrowded and noisy. Children are encouraged to eat the food provided for them either by the school or in packed lunch boxes. Litter from packed lunch boxes is taken home at the end of the day so that parents can monitor what their children are eating. School staff help children who need support at lunchtime to cut up food, open packets, spill or drop lunch and will encourage the children to eat the food provided for them.

In order for lunchtime to be pleasant all children are expected to follow the behaviour code and to be polite and helpful to each other.

Children are expected to leave the table tidy after eating and to return plates and cutlery to the area defined by the catering staff.

School staff clean the table so that other children coming to the table have a clean place to eat.

All staff seek to reward pupils, through praise and stickers, who show good behaviour and manners at lunchtime.

### **Curriculum**

The Headteacher, with the support of the SLT, will monitor the curriculum regularly to ensure that pupils have opportunities to learn:

- About different types of food in the context of a balanced diet, using the “eat well plate”.
- How to plan, budget and prepare meals.
- Understand the importance of moderate consumption of foods high in sugar, salt and fat.
- The importance of trying a range of foods in order to develop their tastes.

### **Governors**

The Governor with responsibility for health and well-being will monitor and ensure that the school food policy is upheld and offer guidance where a member of the body has a particular expertise in this area.

### **Responsibilities for Implementation**

Senior Management Team, Subject Leaders, Teachers will be responsible for cross curricular development.

Contractors and School leaders are responsible for ensuring quality of food offered in line with National and Local Nutritional Standards.

### **UFSM changes 2014**

From September 2014, all children in reception, year 1 and year 2 in statefunded schools in England will be eligible for free school meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, schools for pupils with special educational needs and pupil referral units.

Free school meals will also continue to be available to pupils (including infants) whose parents receive certain benefits and who are registered to receive one. During school holidays, school lunch provision will be supported for these families using the voucher system Wonde.

(Source: Children Food Trust 2014)

## How to pack a well-balanced lunch box - focus on the food groups

To ensure we are working in-line with the School Food Standards, we have the following expectations for packed lunches:

### Packed lunches should include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- a dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- a drink of water, fruit juice or smoothie (maximum portion 150ml), or semi-skimmed milk or skimmed milk, yoghurt or another milk drink.

### Packed lunches can occasionally include:

- meat products such as sausage rolls, individual pies, corned meat and sausages.
- cakes and biscuits, but encourage your child to eat these as part of a meal, and be mindful of appropriate portion sizes.

### Packed lunches should not include:

- salty snacks.
- confectionery such as chocolate bars and sweets.
- sugary soft drinks and fizzy drinks.

# Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

## 1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

**Choose ONE EVERY DAY from:**

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

*Choose wholegrain*



*Use a thermos flask to keep pasta warm*



*Get kids involved in the choosing/making*



## 2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

**Choose TWO EVERY DAY from:**

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup

*Add salad to your sandwiches*



*Use a thermos flask for delicious soups*



## 3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

**Choose ONE EVERY DAY from:**

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard

*Choose low sugar dairy products*



*Reduce sugar: choose plain yoghurt and have fruit on the side*



## 4 Protein Foods

for growth and repair

Pack a protein punch!

**Choose ONE EVERY DAY from:**

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

*Keep processed meat to a minimum*



*Choose oily fish like salmon once every 3 weeks*



## 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

*Milk, water or 150ml juice*



**Occasionally!**

Meat products such as sausage rolls, pies, sausages

Plain cakes/ sponges and biscuits of appropriate portion sizes

*Plain cakes occasionally*



For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)