



# School Food Plan

**January 2022**

The School recognises the important part that a healthy diet plays in a child's wellbeing and their ability to learn and achieve effectively.

*Prepared by: Deputy Headteacher  
Discussed with: HT  
Agreed with Governors: via Governor Hub  
To be reviewed and updated: January 2024*



### **National Guidance**

This guidance has been written to reflect the School Food Standards, September 2021. The 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, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com/>

### **Application**

The policy covers the areas of:

Snacks

Milk

Water

School Lunches including packed lunches

Curriculum

Events and celebrations

### **Snacks**

Leaders understand that snacks play an important part of the diet of young children and can contribute positively towards a balanced diet. All children are provided daily with free fruit or vegetables as part of the Government scheme.

### **Milk**

The school provides a mandatory milk scheme for all pupils, in accordance with Government guidelines. Parents are invited to register and pay for their child to participate in this scheme. Children in the Nursery and in Reception up until 5 years old receive free milk.

Families where the school receives a pupil premium grant will be eligible for free milk.

[www.coolmilk.com](http://www.coolmilk.com)

### **Water**

There is clean filtered drinking water available for all children throughout the day. They are encouraged to drink water at regular intervals. All children with packed lunches have access to water at lunch time and the school has a no juice policy.

Children are given a free water bottle when they join the school in Reception. They are encouraged to bring in this bottle every day so they can refill as necessary. Bottles go home at the end of the day to be washed and returned.

No drinks other than water will be bought into school by children unless exceptional recommendations by a doctor for medical needs.

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

Lunches are prepared by the Chef Manager and catering team and meet the government nutritional guidelines, as stated in the Public Health Report, 2014. Leaders ensure that the quality of ingredients and the choice of meals are appealing by checking regularly and asking pupils and parents/carers for feedback. The school council meets with the Chef Manager to discuss the menu each half term.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2 so a cooked meal is free to all families.

The school encourages parents/carers to select cooked lunches for their children and regularly promotes the service. It can be a way of ensuring children receive a daily nutritionally balanced meal.

During lunchtimes there is a 'Family Service'. This ensures that the children sit together at the same time and share the same meal. School meals supervisory assistant (SMSA's) serve the children, encourage them to eat and try different foods. They also help them to assist in tidying up after their meal.

The menu, which is healthy and nutritional, is decided on by parents and children alongside the Chef Manager and Deputy Headteacher. The school caters for vegetarians, and for medical dietary needs or allergies. Leaders are also happy to work with parents/carers and their child to make sure that they are able to eat the food available. Leaders are aware that some children can be fussy, but are committed to working with families to help all children enjoy a wider range of foods.

### **Packed Lunches**

Some families prefer to provide a packed lunch but the school encourages parents to provide healthy well balanced packed lunches.

Preparing a balanced child's lunchbox includes:

Starchy foods - these are bread, rice, potatoes, pasta and others

Protein foods - including meat, fish, eggs, beans and others

A dairy item - cheese or yoghurt

Vegetables or salad and a portion of fruit

Include:
<ul style="list-style-type: none"> <li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li> <li>- Meat/fish, eggs and non-dairy protein e.g. pulses everyday</li> <li>- Oily fish at least every few weeks</li> <li>- Starchy food such as bread, pasta, rice, potatoes</li> <li>- A dairy product milk, cheese and yoghurt</li> </ul>

Limit:
<ul style="list-style-type: none"> <li>- 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> </ul>

Do Not Include:
<ul style="list-style-type: none"> <li>- Salty snacks such as crisps, nuts</li> <li>- Sweets and chocolate</li> </ul>

For more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

Packed lunches are provided for school trips as part of the universal free school meal provision and also comply with National Food Standards.

### **Special Dietary requirements**

Including:

Religious and Ethnic groups

Vegetarians and vegans

Food allergy and intolerance

Parents must inform the school and staff of all food allergies/intolerances and other dietary requirements. All staff working with children are aware of specific children's requirements.



There is a meat free option for every meal. Due to space restrictions in the kitchen the school does not provide halal options.

### **Cooking and Food Education in the National Curriculum**

From September 2014, food, cooking and nutritional education is a compulsory part of the school curriculum for Key Stage 1 (KS1).

The National Curriculum for Design and Technology aims to ensure that all pupils understand and apply the principles of nutrition and learn how to cook.

### **Cooking and Nutrition**

As part of their work with food, pupils should be taught how to cook and apply the principals of nutrition and healthy eating. Instilling a love of cooking in pupils will also open the door to one of the greatest expressions of human creativity. Learning how to cook is a crucial like skills that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils should be taught to:

Use the basic principles of a healthy and varied diet to prepare dishes

Understand where food comes from.

Children in the early years foundation stage (EYFS) are taught about healthy eating and fruit and vegetables are available for them in their classrooms. Early years children also take part in regular cooking activities e.g. making porridge.

### **Extra-curricular activities**

The school offers clubs that provide continued teaching about leading a healthy lifestyle for example multi-sports club, street dance and cooking.

Relevant staff have received basic food hygiene and preparation certification.

### **Events and Celebrations**

Children want to celebrate their birthdays but to promote healthy eating choices leaders ask that parents/carers do not send in birthday cakes. In school children's birthdays are celebrated during birthday assembly.

Christmas, classes have a class party in which snacks are provided by parents. Guidelines for the party snacks are given at the time.

### **Monitoring**

The school consults termly with parents/carers and children to involve them with reviewing the school lunch menu. The parents complete questionnaires at points during the year after food tastings.

### **Sharing the Policy**

This policy is available to staff via the shared drive and to parents through the school website.