



Barnby Dun Primary Academy

Food Policy

Nutritional Background to this Policy

The nutritional principles of this policy are based on the findings of the

- National Diet and Nutrition Survey of 4 to 18 years olds;
- 1991 Dietary Reference Values for Food Energy and Nutrients for the UK (Appendix 1),
- The Low Income Diet and Nutrition Survey (Appendix 1)
- The Balance of Good Health (BGH) Eatwell Plate (Appendix 3)
- The new standards for school food, announced by the Government in 2006 and revised in 2007, have been incorporated into this policy as have the 2007 regulations covering school food other than lunch

Overall aim of the policy

This policy has been formulated to enable Barnby Dun Primary Academy to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The school recognises the important connection between a healthy, balanced diet and a pupil's ability to learn effectively and achieve high standards in school.

The school knows from research that children and young people need a great deal of help and guidance to eat healthily at school, not just in their learning but also by exposing them to good food environments.

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so we support a whole school approach where pupils receive consistent messages about healthy eating across the formal curriculum, food provisions, school practices and staff acting as role models.

Aims and Objectives

- The school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- The school recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds. The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- The school aims to provide clarity about the schools policy on food brought into school e.g. packed lunches.
- To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils and staff.
- To provide a consistent planned curriculum of food education to equip all pupils with knowledge and skills to make healthy life choices.

- The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.
- The school is committed to achieving the standards required to renew the New National Healthy Schools Status (NHSS). This Food Policy demonstrates our commitment to achieve the standards relating to Food in the achievement of NHSS.

Initiatives to promote Healthy Eating (How we are going to meet our objectives)

In order to achieve the above-mentioned aim, the school will undertake the following:

1. Food and Drink Provision throughout the School Day

- The schools meals are nutritious, balanced and where possible all food provided by the school is procured locally. Doncaster County Council Schools Catering service has achieved the bronze standard in the Food for Life Catering Mark. This is one the fastest-growing best practice schemes in the UK and means that you can be assured that the food on the menu is freshly prepared, seasonal and better for animal welfare. There are strict standards to meet in order to achieve the bronze level, see appendix 5 for further details. This information is promoted to parents on the catering pages of the schools website and information sent out by Doncaster County Council Schools Catering service.

Breakfast

- Breakfast is an important meal that should provide 25% of a pupil's energy requirements and contribute significantly to their vitamin and mineral intake. Pupils are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.
- The school operates a breakfast club that provides a nutritious meal for pupils before the school day. The breakfast menu includes toast, cereals, yogurt, fresh fruit, fruit juice and milk. Food provision at breakfast club complies with the Government's standards for all school food other than lunches. See Appendix 4 for more details.

School Meals

- From 2006 new food-based standards apply for school lunches. These ensure certain types of more nourishing foods are served more frequently and also define foods which are no longer allowed or are restricted. For further details see Appendix 2.
- Work with school caterer to ensure the food prepared by the school catering team meets the new food-based standards for school lunches.
- Publicise menu information to parents and carers. This information should be available on the school website, on school notice boards, on request at the school office and as appropriate in the school newsletter. The school hall has two dedicated notice boards in the hall to promote healthy food choices. One of the boards has information about the Eatwell plate (see appendix 3).
- Promote healthy meal choices at lunchtime through positive recognition.
- Demonstrate a commitment to encouraging parents to provide healthier lunchboxes for pupils at Barnby Dun. To support this, the school provides guidance to parents through the packed lunch policy and leaflet, which are based on the Food in Schools recommendations of what constitutes a healthier lunchbox.
- Actively discourage some packed lunch foods, e.g. crisps, sweets & confectionary, chocolate bars, and fizzy drinks.
- Provide a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. The school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour

- Encourage all pupils to eat the food they have been provided with.
- Ensure equal treatment of pupils having School Dinners and Packed Lunches, in terms of provision and supervision.
- Provide water jugs, containing clean water, and cups on every table.
- Encourage pupils to wash their hands before eating.

Break Time

- The school participates in the School Fruit & Vegetable Scheme and ensures that every pupil KS1 is provided with a fresh piece of fruit or vegetable each school day (in line with DMBC policy) and actively promotes its consumption. Pupils in KS2 are able to bring in a piece of fruit or vegetable to enjoy at break time.
- 'Nutritious Nosh' is the school's healthy snack shop. It runs every day at first playtime for both KS1 and KS2. It is run by both school staff and children and is non-profit making; prices are set so that it only covers its running costs. The aim is to provide a healthy mid-morning snack to boost energy and concentration levels. All snacks sold meet the government guidelines and are mostly from the green and amber guidance categories. See appendix 4 & 5. A variety of snacks are on offer, which changes to reflect children's tastes and seasonal availability.



Typical Snack Options

Apple 20p
 Orange 20p
 Banana 20p
 Raisins 20p
 Milk 20p
 Yogurt Tube 20p
 Healthy Biscuit 20p
 English Muffin 20p



Drinking Water

- The national nutritional standards and standards for healthy school lunches recommend that drinking water should be available to all pupils, every day, and free of charge.
- The school agrees with this recommendation and provides a free supply of drinking water. Children are allowed to bring in their own water bottles for they are responsible for. Regular water and brain breaks will be scheduled throughout the school day. Pupils will be regularly reminded to drink water at break times and are able to refill bottles.

2. Curriculum Learning Opportunities

National Curriculum

Cooking and nutrition form an integral part of the new curriculum (2014). Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. At Barnby Dun we aim to help pupils to understand and apply the principles of nutrition and learn how to cook.

Key Objectives

Pupils should be taught to

Key stage 1

- *Use the basic principles of a healthy and varied diet to prepare dishes.*
- *Understand where food comes from.*

Key stage 2

- *Understand and apply the principles of a **healthy** and varied diet.*
- *Prepare and cook a variety of predominantly savory dishes using a range of cooking techniques.*
- *Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed.*

Organisation of Teaching and Learning

- *The cooking curriculum is delivered in a variety of ways such as discrete sessions covering specific skills, teaching through themed week topics, cross curricular activities and clubs.*
- *We review the formal curriculum on a regular basis to ensure that information relating to food and nutrition in different lesson areas is consistent and up-to-date.*
- *Where appropriate we link curriculum areas with lunch, providing 'themed lunch times' to enrich the curriculum and pupils experiences e.g. Arts week - food and hall decorations linked to India etc.*
- *Ensure staff promote healthy eating messages and have access to appropriate training.*

Food beyond the Curriculum

- *The school believes that giving pupils the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition.*
- *The school will continue to develop the Gardening Club providing opportunity for pupils to get involved in growing, harvesting and cooking food. We have a vegetable garden where salad, herbs, vegetables and fruit are grown and cared for by the pupils. When grown, fruit and vegetables are either sent home with pupils or used in school for cookery lessons.*

Rewards and Celebrations

- *We recognise that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in success and celebration. Any food given to children as a reward for achievement should be limited and form part of a balanced, healthy diet. It is recommended that other forms of reward are also given.*
- *Parties or celebrations to mark religious or cultural occasions and fund raising events are exempt from the standards, but organisers do consider healthier alternatives where possible.*

Out of hours learning

- All food and drink provided by local authorities or school governing bodies to pupils off school premises, during a school day (up to 6pm), including school trips must meet the Government standards for non-meal foods, so we ensure that this is the case. The only exception is for food provided on a residential school trip where the provider of the accommodation (not the local authority or governing body) also provides the food, although we do discuss this with them.

Partnership with parents, carers and pupils

- Parents, carers and pupils will be regularly updated on the Food Policy through school and class newsletters, and where appropriate consulted with on a regular basis.
- During out of school events, e.g. school discos etc, the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered for sale to the children.
- Each year parents and carers are invited in to eat lunch with their child and sample the food provided. Afterwards questionnaires are sent out to ascertain the views of parents, carers and pupils with regard to the food provided and the eating environment. Where practical, suggestions for improving the environment are implemented.

Health and Safety

- Safety and hygiene are important aspect of working with food. A full risk assessment, which is updated annually, is in place for children working with food in school. All staff (both class teachers and support staff) have shared and follow the policy to ensure that children are safe guarded throughout food/cookery activities and that cooking equipment is stored safely.

Monitoring and Evaluation

Policy approved and adopted: November 2009

Policy updated: January 2015

The policy will be reviewed annually. Due for review: January 2016
J Croft 2010

Appendix 1: Nutritional Guidelines

National Diet and Nutrition Survey of 4 to 18 Year Olds

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 to 18 years olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. White bread, savoury snacks (including crisps), chips, biscuits, potatoes (boiled, mashed, jacket) and chocolate were the most popular foods consumed. Soft drinks were consumed by 98% of participants. On average, sugar provided 16% of food energy, which exceeded the recommended average intake of 11%.

On average, children in the survey ate less than half the recommended amount of fruit and vegetables. Only 47% of boys and 59% of girls ate raw and salad vegetables (excluding tomatoes) and only 40% of boys and girls ate cooked leafy green vegetables. Citrus fruit consumption was particularly low, with 76% of boys and 72% of girls not eating any citrus fruits. Also the intake of saturated fats from pastries and cakes was higher than the recommended average intake.

These findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruit and vegetables and bread, other cereals and potatoes.

National Diet and Nutrition Survey: Young People Aged 4 - 18 years. MAFF/ Department of Health (2000) London The Stationary Office

Low Income Diet and Nutrition Survey

This survey provides strong, nationally representative evidence on the eating habits, nourishment and nutrition-related health of people on low income. Generally, those on low income were less likely to eat wholemeal bread and vegetables. They tended to drink more soft drinks (not diet) and more processed meats, whole milk and sugar. Children were more likely to eat sausages, coated chicken or turkey, burgers and kebabs.

National Survey on Low Income Diet and Nutrition/ Commissioned by the Food Standards Agency 2007. www.food.gov.uk/science/dietarysurveys/lidnsbranch

Dietary Reference Values for Food Energy and Nutrients for the UK

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy, are estimates of how much of individual nutrients people require including children.

The healthy eating principles which this policy uses, help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

Dietary Reference Values for food energy and nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food. Department of Health (1991) London, HMSO.

Appendix 2: The 2007 Food-based Standards for School Meals

The school has compliance with this through the school meals service.

	These healthier products should be on your menus
More Fruit and Vegetables	Not less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit.
More Oily Fish	Oily fish such as mackerel or salmon should be served at least once every three weeks.
Bread	A type of bread with no added fat or oil should be available at lunch every day.
Drinking Water	Free, fresh drinking water should be available at all times.
Healthier Drinks	The only drinks served should be plain water, still or sparkling, pure fruit or vegetable juices, plain yoghurt and skimmed or semi-skimmed milk, plain soya, rice or oat drinks enriched with calcium, smoothies, low calorie hot chocolate, coffee and tea. This means sweetened fizzy drinks which have little nutritional value are no longer allowed.

	These foods are now restricted or no longer allowed
No confectionary	Confectionary such as chocolate bars, chocolate-coated biscuits and sweets should not be available for lunch.
No savoury snacks	Savoury snacks such as crisps should not be available for lunch. Only nuts, seeds vegetables and fruit, with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be provided at lunchtime as part of a meal when served with fruit, vegetables or dairy food.
NO salt condiments – restricted	Salt should not be available at lunch. Condiments, such as ketchup and mayonnaise should only be available in sachets.
Deep-Fried Foods Restricted	Meals should not contain more than two deep-fried foods, such as chips and batter-coated products, in a single week.
Manufactured Meat Products – Restricted	These products, such as chicken nuggets, burgers and sausage rolls, may only be served on a very restricted basis, and only providing they meet standards for minimum meat content and do not contain prohibited offal. See Government guidelines on non-meal foods details.

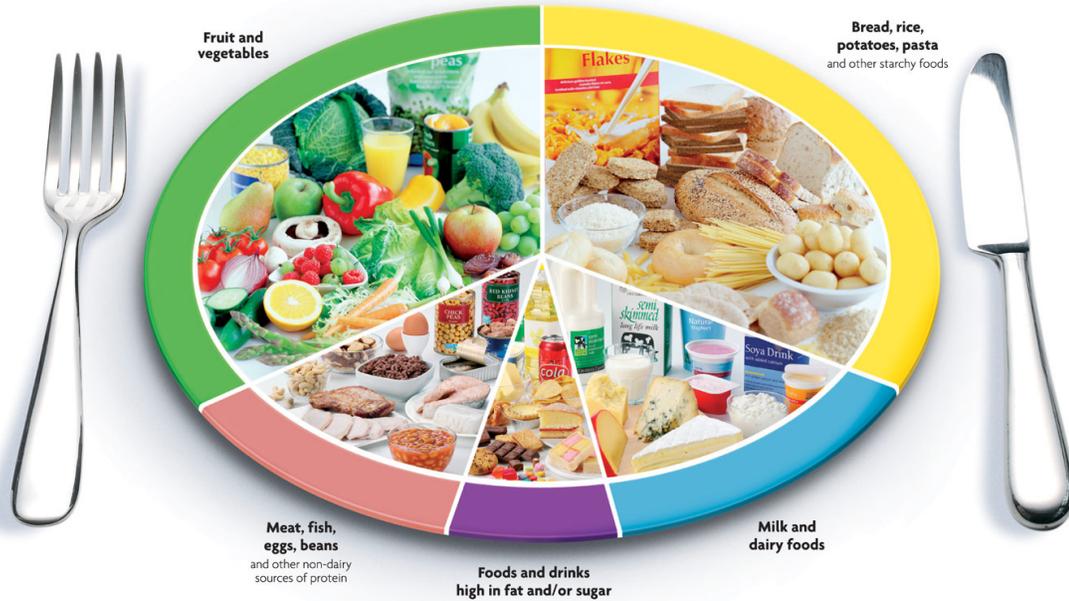
This table summarises the NEW requirements.

See the full package of standards at: www.teachernet.gov.uk/wholeschool/healthyliving

Appendix 3: The Eatwell Plate

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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Appendix 4: What Can I Serve?

The table below suggests which food and drinks can be provided other than lunch

Examples of food and drinks meeting the new standards	Examples of food and drinks restricted across the school day	Examples of food and drinks not meeting the new standards
Fruit and vegetable items	Fruit and vegetable items	Fruit and vegetable items
<ul style="list-style-type: none"> • Whole/pieces of fresh fruit e.g. banana, apple, pear, Satsuma, grapes • Fruit pots of sliced/chopped fresh fruit e.g. melon, berries, apple • Canned fruit in natural juices e.g. peaches, pears, pineapple, mandarins • Dried fruit without added fat, sugar or salt e.g. apricots, sultanas, raisins, dates • Salad pots • Crudités, vegetable snacks with dips • Vegetable accompaniments: tomatoes (tinned or fresh), raw vegetables such as carrots, peppers, cucumbers and celery 	<ul style="list-style-type: none"> • No restrictions on the amount or type of fruit and vegetables served 	<ul style="list-style-type: none"> • Dried fruit or dried vegetables with added fat, sugar or salt
Examples of food and drinks meeting the new standards	Examples of food and drinks restricted across the school day	Examples of food and drinks not meeting the new standards
Cold items	Cold items	Cold items
<ul style="list-style-type: none"> • Breakfast cereals with milk or yoghurt • Yoghurt or fromage frais (plain or fruit) • English muffins • Plain currant/raisin bread • Sandwiches • Bagels with fillings • Baguettes with fillings • Filled pitta bread or rolls • Wraps e.g. Mexican bean • Pasta salads • Fillings/toppings: cheese, hard boiled egg, peanut butter, houmous, tahini, sliced meat, bacon, meat or fish paste, tinned fish • Combinations of nuts and seeds without added fat, salt or sugar 	<ul style="list-style-type: none"> • Meat products: corned beef, sausages, sausage rolls, Scotch eggs 	<ul style="list-style-type: none"> • Cereals coated with chocolate • Any type of confectionery e.g. chocolate products, sweets and sugar free chewing gum • Cereal bars • Processed fruit bars • Crisps and crisp-like products e.g. tortilla chips, potato sticks, puffs, crackers, corn chips, prawn crackers, potato wafers • Japanese rice crackers • Pretzels • Bombay mix • Nuts - added salt and/or sugar • Cakes: slices of cakes, individual cakes (sponge cakes, Swiss roll, fruit cakes, banana cake, apple cake, carrot cake, gateaux, sponge fingers, Madeira cake) • Buns: American (sweet) muffins, Chelsea buns • Pastries: croissants, Danish pastries, Eccles cakes, Greek pastries, Bakewell tarts, jam tarts, mince pies, custard tart • Biscuits include all types. Sweet biscuits: digestive, rich tea, ginger nuts, flapjacks, shortbread, wafer. Savoury biscuits: cream crackers, breadsticks, oatcakes, matzos
Examples of food and drinks meeting the new standards	Examples of food and drinks restricted across the school day	Examples of food and drinks not meeting the new standards

Hot items	Hot items	Hot items
<ul style="list-style-type: none"> • Porridge • Toast, bread rolls with spread, jam, marmalade, peanut butter • Toasted bagels, crumpets • Toasted sandwiches • Bacon sandwiches • Warm pitta bread with filling • Paninis • Tortillas, fajita, burrito, quesadillas, enchiladas • Toast with baked beans, cheese, eggs (boiled, scrambled or poached) • Omelette • Pizza slice with toppings e.g. vegetables, cheese • Slice of quiche • Jacket potato with toppings e.g. cheese, coleslaw, baked beans, tuna • Bowls of noodles with vegetables and/or meat • Vegetable pasties • Fishcakes • Soup 	<ul style="list-style-type: none"> • Meat products: burger, hamburgers, corned beef, sausages, chipolatas, luncheon meat, hot dogs, frankfurters, (salami), meat pies, Cornish pasties, sausage rolls, pork pie, samosa, kebabs, meatballs, chicken or turkey nuggets, Scotch eggs, satay • Starchy food cooked in oil or fat: fried rice, sauté potatoes, fried bread, chapatti, garlic bread • Deep fried products: potato wedges, potato skins, chips, plantain chips, spring rolls, vegetable products (pancake roll, samosa, fingers, tempura, pakora/bhajia), fish products (pancake roll, samosa, fingers, tempura, pakora/bhajia) 	<ul style="list-style-type: none"> • Toast with chocolate spread • Fruit pies surrounded by pastry e.g. individual apple pies
Examples of food and drinks meeting the new standards	Examples of food and drinks restricted across the school day	Examples of food and drinks not meeting the new standards
Drinks	Drinks	Drinks
<ul style="list-style-type: none"> • Plain water (still or sparkling) • Skimmed or semi-skimmed milk* • Fruit juice or vegetable juice • Plain yoghurt drinks • Plain soya, rice or oat drinks enriched with calcium • Combination drinks: water (still or sparkling) combined with fruit or vegetable juice. Examples: fruit and/or vegetable smoothies, pureed fresh fruit and vegetables • Milk (skimmed or semi-skimmed) and/or plain yoghurt combined with fruit or vegetable juice. Examples: dairy based smoothies, pureed fruit with plain yoghurt • Plain soya, rice or oat drinks enriched with calcium combined with fruit or vegetable juice • Tea or coffee • Low calorie hot chocolate (containing no more than 20 calories per 100ml) 		<ul style="list-style-type: none"> • Flavoured water • Squash/cordial • Soft drinks including fizzy drinks containing less than 50% fruit or vegetable juice • Hot chocolate containing more than 20 calories per 100ml • Flavoured milk unless it contains fruit juice or cocoa

* Whole milk may be provided to pupils until the end of the school year in which they reach five years of age.

Appendix 5: Food for Life Catering Mark

Food for Life Catering Mark

The catering mark was established in 2009 and has been awarded to 150 caterers serving over 800,000 meals in the UK every day. The scheme is fast becoming an industry standard. It provides a guarantee that food served anywhere outside the home meets the high standards of provenance and traceability. You can be assured that the food on the menu is freshly prepared, seasonal and better for animal welfare. The soils association promotes health, environmental sustainability and ethical sourcing in the catering industry through the Food for Life Catering Mark.

Bronze Standards

To achieve the bronze standard Doncaster Catering service has to meet all the following standards.

- Meals contain no undesirable food additives or hydrogenated fats
- 75% of dishes are freshly prepared
- Meat is from farms which satisfy UK welfare standards
- Eggs are from cage-free hens
- Menus are seasonal
- Training is provided for all catering staff
- No GM ingredients are used
- Free drinking water is prominently available
- No fish are served from the Marine Conservation Society (MCS) 'fish to avoid' list
- Information is on display about food provenance
- All suppliers have been verified to ensure they apply they appropriate food safety standards
- Caterers in schools, early years and residential care setting can demonstrate their compliance with national standards or guidelines on nutrition.

For further information about the Catering Mark visit www.sacert.org/catering



