



## Biddick Primary and Nursery School Whole School Food Policy

"We all want the best for the children in our lives, whether we are parents, carers or guardians. Healthier eating is especially important for children as they grow up. To help make this happen, there is now a push to make all food in schools healthier."

School Foods Trust 2008

### Aim

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to our school.
- To ensure the Mandatory Regulations set out in the 'The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007'

### What are the Nutritional Standards ?

Since 1996 the government have been advising schools on the foods they provide for pupils. These standards have undergone several developments and most recently the 2007 regulations have been introduced, with the deadline of all primary schools following the new standards by September 2008.

The 2007 standards apply to **all local authority primary** schools. This includes all food and drink provided by local authorities and governing bodies to pupils on and off school premises, including school trips (there is an exception - this is residential visits where food is supplied by the provider)

The standards for school lunches apply to all school lunches including hot, cold, and packed lunch services on a school day.

The standards for school food other than school lunches apply to all food provision up to 6pm and include breakfast clubs, mid-morning break services, tuck shops and after school snacks and meals.

These non-lunch standards mean that:

- No confectionery should be sold in schools.
- No snacks other than nuts, seeds, vegetables and fruits (without added salt, fat or sugar) should be sold in schools.
- Fruit and vegetables must be provided in all school food outlets. This could include fresh, dried, frozen, tinned and juiced products.
- Children and young people must have access at all times to free, fresh drinking water.

No sweetened soft drinks should be sold. The only drinks available should be water (still or sparkling), milk (skimmed or semi-skimmed), fruit or vegetable juice, plain yoghurt drinks or combinations of these.



## Biddick Primary and Nursery School Whole School Food Policy

The standards do not apply to food provided—

- (a) at parties or celebrations to mark religious or cultural occasions;
- (b) at fund-raising events;
- (c) as rewards for achievement, good behaviour or effort;
- (d) for use in teaching food preparation and cookery skills, provided that any food so prepared is not served to pupils as part of a school lunch ; or
- (e) on an occasional basis by parents or pupils.

### **Why is there a need for the new standards ?**

The new standards were developed following research showing that children were not making healthy food choices at lunchtime and that school meals did not meet their nutritional needs. In 2005 the Government appointed an expert group to recommend new standards for school food.

Their report, published in October 2005, proposed radical changes which would prohibit or restrict food high in fat, sugar and salt or made with poor quality meat being served at school. The group also set minimum levels for the nutritional content of school lunches. The new standards generally adopt the advice and recommendations given by these groups.

### **Why have food-based standards been introduced for lunches?**

- They define types of food which are no longer allowed or are restricted, in order to replace food high in fat, sugar and salt with more nutritious food and drinks.
- To ensure nourishing food is served more frequently.
- To ensure an immediate improvement in school lunches, allowing time for the more detailed process of developing meals that meet the new nutrient-based standards.

Much of the food no longer allowed under the food-based standards is associated with a growing range of child health and nutritional issues, including obesity, diabetes and tooth decay and erosion. Childhood obesity is now recognised as a major threat to long-term health and the statistics are alarming.

From September 2007, most of the new food-based standards for lunch now also apply to other food sold or served through the rest of the school day.

This means that breakfast clubs, mid-morning break services, tuckshops and after-school clubs also have to comply.

Schools have been encouraged to introduce these standards since autumn 2006 and at Rowley Hall Primary School we have done so and with the help and support of staff, parents, governors and of course the children are proud of our achievements



## Biddick Primary and Nursery School Whole School Food Policy

### How the new standards will help children

- The ultimate goal is to help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.
- These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options.
- They should have a positive impact on children's health, help encourage them to eat more nutritious food and improve the quality of school food nationwide.

### How will schools benefit ?

Feedback from teachers suggests that the changes in the food provided help bring about better behaviour and performance in the classroom.

### School compliance

These standards are mandatory from September 2008, which means that schools will have a legal responsibility to comply.

The ultimate responsibility for ensuring that the standards are being met lies either with the Local Authority. But it is important for everyone involved in school lunches, including parents, carers and pupils, to be able to see that the standards are being followed.

OFSTED will be monitoring the way schools approach healthier eating as part of their regular inspections of schools.

### Objectives:

What do we want to achieve?

- Review formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- Work with the school caterer to further trial 'Food Tasting' sessions with all pupils and parents to promote healthier eating and trying to encourage parents and pupils to try vegetables and fruits.
- A further Health week in school to promote healthy eating and drinking messages.
- Ensure that the school tuck shop has a variety of healthy foods and drinks available, e.g. fruit juices and yoghurt drinks to promote healthier eating and drinking. Ensure all pupils have access to fresh, filtered drinking water.
- Work with the school catering contractors to ensure a healthy choice menu is provided for all of our pupils and one which they contribute to.
- Work with parents to develop an understanding of the new government guidelines and how to eradicate unhealthy snacks and lunchboxes e.g. no chocolate, crisps, sugary drinks etc.



## Biddick Primary and Nursery School Whole School Food Policy

### **Guidelines:**

#### **How are we going to meet our objectives?**

##### With or for the Children;

- School Council: Discuss necessary changes and encourage pupil suggestions through the Council.
- Involve all children in menu choices and theme days on a rolling programme.
- Through the taught curriculum promote healthy choices and a range of food throughout the school
- Promote the benefits of a healthy breakfast at our private provider Breakfast Club.
- Further annual 'Health Weeks' to promote healthy eating through focused activities and lessons.
- Supply fresh drinking water.
- Supply a healthy mid-morning snack service that meets the new standards.
- Establish, through the curriculum in school, after school and breakfast club, healthy eating habits through cookery activities and healthy snacks and food available for all pupils.
- Reward all of our children for healthy choices of food from the breakfast and lunchtime menu and for healthy lunchboxes (Lunchtime Awards/ Good Grub Morning Club Awards and Stickers)

##### With or for our parents

- Support our parents with advice on up-to-date legislation
- Collaborate to produce guidelines for the implementation of the new standards.
- Actively seek the opinions of our parents to endeavour to achieve their support in develop a vision for whole school food at Biddick Primary and Nursery School

##### With of for our staff and governors

- Collaborate to produce guidelines for the implementation of the new standards.
- To provide training related to the new food standards.
- To ensure teachers and non-teaching staff in charge of food on 1-day basic food hygiene course.
- To train key staff members in a nutrition and health qualification.

**The head teacher will contact parents directly regarding any concerns with the contents of lunchboxes.**

This policy will be reviewed on an annual basis.

**November 2017**

**November 2018**

**This policy supercedes the previous Food Policy**



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## Appendix 1

### Alternatives to traditional snack and lunchbox items

#### Bread-based alternatives

One idea is adding extra ingredients or toppings to bread-based products to make them more interesting and appealing to children. Try adding just one or two things at first and see how popular they are. As the base product you could use plain bread, bagels, savoury buns, English muffins or teacakes. You could add ingredients to the dough during mixing, use them as a topping, or make wheels by putting them on top of rolled out dough, rolling it up and cutting into slices. Take your pick from a variety of extra ingredients or toppings:

- Fresh, dried, canned or frozen fruit - apples, apricots, bananas, cherries, coconut, kiwi, nectarines, peaches, pear, plum, raisins, currants, sultanas, raspberries, blackberries, strawberries, citrus peel
- Fresh, dried or canned vegetables - sun dried peppers, sun dried tomatoes, fresh tomatoes, olives, leeks, onions
- Nuts- hazelnuts, pecan nuts, walnuts, pine nuts, peanuts
- Seeds - pumpkin, sunflower, poppy
- Herbs and spices - mixed herbs, cinnamon, paprika, rosemary, basil, coriander, ginger, turmeric (makes it yellow!)
- Other sweet - cocoa powder, honey
- Other savoury - cheese, marmite
- Yoghurt, fromage frais or soya milk

Use different types of flour or combinations e.g. wholemeal, rye, white

#### Other snack ideas

- Muffin pizzas - English muffin topped with tomato sauce, cheese and vegetables or ham
- Slices of malt loaf with low fat spread or hummus
- Porridge with added fruit, nuts or seeds
- Fruit bars - these must be dried pure fruit only
- A yoghurt, fruit and cereal selection - maybe have a self-serve section or the food could be prepared in advance in small packs/tubs
- Fruit smoothies - add oats or muesli to make them more filling



## Biddick Primary and Nursery School Whole School Food Policy

### **CONCLUSION:**

This policy also needs to be in line with other school policies and therefore should be read in conjunction with the following:

Teaching and Learning Policy

Assessment

Responding to pupils' work / Feedback / Marking policy

Handwriting and Presentation Policy

Special Educational Needs Policy

ICT Policy

Equal Opportunities Policy

Health and Safety Policy

Member of staff responsible: Rachel Littlefair

Date Reviewed: November 2016

Date approved by the full Governing body:

Date to be reviewed: May 2018