

Food in School Policy



Belton Lane
Primary School

Approved by: Jonathan Mason

Date: January 2020

Last reviewed on: January 2025

Next review due by: January 2028

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1. Introduction

Our school is committed to raising achievement of all young people by supporting their personal, social, educational and welfare needs. We aim to support our young people to make informed choices, to believe in their abilities and potential and to work with parents and carers to ensure our young people are ready and prepared for the world in which they live. This is part of our commitment to maintaining our Healthy School status.

2. Aims of the Policy

This policy aims to ensure that clear, consistent messages regarding healthier food choices are provided for the whole school community. It further aims to provide quality, healthy food to all pupils.

3. Rationale

- 3.1. Diet is central to health, and children's diet can influence their health now and in the future; a good diet in childhood can help protect against chronic diseases when older. All recent studies and research shows that the prevalence of obesity and overweight is increasing in children. Research also shows that children in the UK eat too much saturated fat, added sugars and salt. On average children only eat 2 of the recommended 5 portions of fruit and vegetables a day. Poorly nourished children, including overweight and obese, often experience social and psychological problems, which can also impact on their behaviour and performance at school.

- 3.2. As children spend an average of one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.
- 3.3. The school environment, staff and pupil attitudes and what children learn in the classroom have a major influence on their knowledge and understanding about health.

4. Objectives

- To co-ordinate all food and drink consumption across the school day, ensuring there is consistency.
- To provide clear curriculum links on all aspects of healthy eating.
- To plan for outside agency support on healthy eating activities including work with the school nurse, community dieticians and dentists.
- To support professional development for all staff working on healthy eating and healthy schools activities.
- To ensure all food messages reflect any cultural and religious diversity that may be amongst the school population at any time.
- To ensure all members of the school community are consulted throughout the process via the School Council.

5. Food Standards Guidelines and Statutory Requirements

- 5.1 Statutory school food standards apply to local authority maintained schools, academies that opened prior to 2010 and academies and free schools in England entering into a funding agreement from June. This includes maintained nurseries and nursery units attached to primary schools, pupil referral units, sixth forms that are part of secondary schools and non-maintained special schools.
- 5.2 These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour. The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.
- 5.3 A summary of the standards and a practical guide are available from the School Food Plan website, or can be found [here](#).
- 5.4 The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.
- 5.5 The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.
- 5.6 Schools should make reasonable adjustments for pupils with particular requirements, for example to reflect medical, dietary and cultural needs.
- 5.7 School governors are responsible for the provision of school food. A school lunch must be provided for pupils where a meal is requested and either the pupil is eligible for free school lunches, or it would not be unreasonable for lunches to be provided.

- 5.8 Governing bodies are able to decide the form that school lunches take, but must ensure that the lunches and other food and drink provided meets the school food standards.
- 5.9 Although there is no requirement that lunches must be hot meals, hot lunches should be provided wherever possible to ensure that all pupils are able to eat at least one hot meal every day.
- 5.10 School governing bodies must provide school meals to a pupil free of charge if the pupil and/or a parent meets eligibility criteria set out within s.512ZB of the Education Act 1996 and a request is received for free meals to be provided either by the pupil or someone acting on their behalf.
- 5.11 Drinking water must be provided free of charge at all times on school premises.
- 5.12 Facilities to eat the food that they bring to school must be provided free of charge for pupils not taking school meals. As a minimum these facilities should include accommodation, furniture and supervision so that pupils can eat food they have brought from home in a safe and social environment.
- 5.13 The school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Milk must be provided free of charge to infant and benefits-based free school meals pupils when it is offered as part of their school meal and free to benefits-based free school meals pupils at all other times. Charges can be made for all other pupils.
- 5.14 Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that milk must be lower fat or lactose-reduced.
- 5.15 To assist with the cost of providing milk schools can take part in the EU School Milk Subsidy Scheme. There is also the Nursery Milk Scheme, operated by the Department of Health, which provides free milk to children under the age of 5 at participating schools and childcare settings.
- 5.16 Four to six year old children in state-funded infant, primary and special schools throughout England are eligible to receive a free piece of fruit or vegetable every school day outside of their school lunch through the School Fruit and Vegetable Scheme (SFVS) administered by the Department of Health. More information is available by downloading the SFVS fact file. There is no statutory requirement for schools to participate in this scheme.
- 5.17 The governing body is responsible for ensuring that the national school food standards are met. How this is carried out will depend on the catering arrangements within the school. All food and drink provided must meet the national school food standards. Where food is provided by the local authority or a private caterer, compliance with the school food standards should be specified within the catering contract or service level agreement and the caterer should provide the governing body with evidence of compliance with the standards. If the school provides food it should evaluate the food and drink provision against the standards, and produce evidence of compliance.
- 5.18 The governing body should ensure that it receives regular reports on compliance with the school food standards as well as take-up of school lunches and financial aspects of school food provision. Governing bodies are strongly encouraged to work with the senior leadership team to develop a whole school food policy; setting out the school's approach to its provision of food, food education (including practical cooking), the

role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches.

6. Allergens

- 6.1 From 13th December 2014, the regulations for identifying allergens in food include meals supplied in schools.
- 6.2 Food businesses, including schools, have a legal responsibility **under the Food Information Regulations EU1169/2011** to provide information about the allergens that are in the food that they prepare or serve. This means that the school must be able to tell pupils and parents which of the 14 different allergens are included in each recipe and food item that is provided.
- 6.3 EU law has listed 14 allergens that need to be identified if they are used as ingredients in a dish. The 14 allergens which must be clearly identified in all food served are:

Peanuts
Nuts
Milk
Soya
Mustard
Lupin
Eggs
Fish
Crustaceans
Molluscs
Gluten
Sesame Seeds
Celery
Sulphur Dioxide

Nuts and peanuts are not permitted in school, and parents are made aware/reminded of this regularly.

- 6.4 Guidance about allergens can be found at: Food Standards Agency website: <http://multimedia.food.gov.uk/multimedia/pdfs/publication/loosefoodsleaflet.pdf>

The Children's Food Trust:

<http://www.childrensfoodtrust.org.uk/schoolfoodplan/uifsm/special-diets/catering-for-allergies>

Template allergy management plans can be downloaded from the British Society for Allergy and Clinical Immunology (BSACI) [website here](#) and used by schools.

- 6.5 Procedures for complying with statutory requirements with regard to allergens can be found in the relevant sections below.

7. School Meals

- 7.1 Our school meal provider is 'Taylor Shaw'. Hot school meals are prepared onsite. The supplier is required to meet the requirements of the **Food Information Regulations EU1169/2011**.

- 7.2 Midday staff are trained in Food Hygiene and have completed training to understand food allergies and how to ensure children are provided with food appropriate for their needs.
- 7.3 Allergen information for school meals is provided to school by Taylor Shaw via a termly chart. A copy is kept in the Midday Supervisors file, and a copy is displayed in the hall.
- 7.4 Parents can view menus, and order meals through ParentPay. It remains the responsibility of parents to check for allergens in the meals they order for their children.
- 7.6 To ensure that children have the meal ordered for them by their parents a member of staff checks the meals ordered list to ensure that they are given the correct meal.
- 7.7 In the event of a shortfall of a menu option, serving staff will check whether the children affected have any reported food allergies, and refer to allergen advice before offering an alternative to a child.
- 7.8 School liaises closely with Taylor Shaw to ensure that all meals supplied comply with the relevant standards and regulations.
- 7.9 All children eat at tables in the school hall. The 'dining experience' is designed to encourage healthy eating habits, good manners, and an appreciation of the value of eating together.
- 7.10 The hot school meal provision includes a drink of water. Other drinks are not permitted.
- 7.11 It is the responsibility of parents to ensure that they have either ordered a school meal, or provided a packed lunch for their child.
- 7.12 School will continue to encourage a high uptake of school meals.

8. Packed Lunches

- 8.1 Parents have the option of providing a packed lunch for their children.
- 8.2 Regular advice is provided to encourage healthy choices. Sweets, chocolate and fizzy drinks are not permitted.
- 8.3 Water is available to all pupils at lunchtime – if parents choose to send a drink, as part of a packed lunch, this should comply with school food recommendation i.e. fruit juice and not squash.
- 8.4 Where a child in school has a known food allergy, parents/carers of other children may be asked to exclude that ingredient from packed lunches, where practicable.

9. Breakfast Club

- 9.1. The school provides breakfast within the breakfast club provision at the school. These are prepared in line with the School Food Regulations.

- 9.2. Breakfast Club staff are provided with a list of allergies and medical needs for children to ensure allergen needs are met with the children.

10. Other food prepared or served in school

- 10.1 Where food is prepared in school, staff will ensure that they check ingredient packaging and complete a risk assessment if necessary, clearly stating any allergens contained in ingredients.
- 10.2 The School Food Regulations do not apply to food provided for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch.
- 10.3 Cooking activities in school aim to:
- provide opportunities for children to cook in school.
 - teach children in cross-curricular topics and real-life situations.
 - ensure children understand hygiene and safety related to cooking and food preparation.
 - encourage children to try new food (from different cultures) and develop a balanced diet.
 - develop children's interest in cooking, food and health.
 - encourage pupils to make informed choices about their diet.
 - develop children's knowledge of where food comes from and the importance of trade.
- 10.4 The school has three areas for growing vegetables, and a number of fruit trees. Children will be encouraged to grow, prepare and eat fruit and vegetables, to promote healthy eating habits and an understanding of food production.

11. Food for special events

- 11.1 The School Food Regulations do not apply to food provided:
- at parties or celebrations to mark religious or cultural occasions
 - at fund-raising events
 - as rewards for achievement, good behaviour or effort
 - on an occasional basis by parents or pupils
- 11.2 Food supplied by individuals as part of a community or charitable event are not covered by the Allergen regulations.
- 11.3 Any business or caterer supplying food at a school event is required to provide allergen information.

12. Drinking Water

- 12.1 Children are given opportunities to drink water through the school day, and encouraged to do so. All children are encouraged to bring water bottles to school each day. Water bottles may only contain plain/still, unflavoured/uncoloured water.
- 12.2 Water bottles must not be shared – each bottle should be clearly labelled.

- 12.3 Bottles should be taken home every night and thoroughly washed. They can be filled at home or from the water coolers in school. Staff will ensure that bottles are taken at the end of each day.
- 12.4 Children who have not brought a water bottle to school are able to obtain a cup from the class teacher or school office and use the water fountains in school.
- 12.5 During playtimes and PE sessions, water bottles are taken outside.

13. Children with known food allergies or special dietary requirements

- 13.1 Food allergies can be very serious, and procedures are in place to minimise risk. It remains the responsibility of parents to provide school with up to date information regarding their child.
- 13.2 Information about any known food allergies is requested on entry to school, together with a general request for permission to take part in food tasting activities. The response form includes a list of the 14 notifiable allergens. Parents/Carers are responsible for informing the school of any changes.
- 13.3 Where food allergies have been identified school will liaise with the child's parents/carers (and medical professionals if required) to devise a clear plan of how the child's allergy/special dietary requirements will be managed in school.
- 13.4 Where appropriate, written confirmation of the allergy/medical need will be requested from the child's GP, dietician or other medical professional. This will ensure that children are not having foods removed from their diet without a diagnosed medical need.
- 13.5 Food allergy information forms part of the child's medical record, and is recorded on Integris.
- 13.6 Children with a food allergy are sat on the 'allergy' table at lunchtime.
- 13.7 Visual Information is also available so that all staff are aware of children's allergies – this will include photos of children with allergies and details of the foods that they are allergic to.
- 13.8 Children may also have dietary restriction due to medical conditions, or for cultural or religious reasons. Parents choose/provide lunches for their own children. It is the responsibility of parents to inform the school of any restrictions on other food tasting or preparation activities.
- 13.9 All staff have a responsibility to be aware of known food allergies or special dietary requirements in children.
- 13.10 Staff must check information for the appropriate children before any food tasting or handling activity.

14. Curriculum Overview

Our school provides a curriculum on healthy eating in a variety of ways:

In the foundation years and KS1, pupils will learn:

- the names of fruit and vegetables
- what is a healthy meal
- how to use cutlery
- to have an awareness of, and show interest and enjoyment in cultural, religious difference
- to examine objects relating to food and find out more about them
- to use nursery rhyme and familiar stories to enhance learning around healthy food choices
- to name food groups
- to know that humans and other animals need food and water to stay alive
- that taking exercise and eating the right types and amounts of food help humans to keep healthy
- to recognise likes and dislikes
- how to make simple choices that improve their health and well-being
- to maintain personal hygiene
- to use familiar stories to enhance learning around healthier food.

In Key Stage two pupils will be taught:

- to use a wide range of methods to communicate data in an appropriate and systematic manner
- that life processes common to humans and other animals include nutrition, movement, growth and reproduction
- the functions and care of teeth
- about the need for food for activity and growth, and about the importance of an adequate and varied diet for health
- about the ways in which living things and the environment need protection
- what makes a healthy lifestyle, including the benefits of exercise and healthy eating
- school rules about health and safety.

Healthy eating will be taught as a cross curriculum activity, elements of which will be included in science, literacy, numeracy, PSHE, D&T, ICT, RE and physical activity. Healthy eating will also be covered as part of topics studied in geography and history. Monitoring, assessment and evaluation will be in line with our Assessment Policy.

15. Monitoring and Assessment

The aims and objectives of the policy will be monitored by:

- curriculum monitoring by the SLT
- review of food consumption by lunchtime supervisors
- pupil questionnaires
- policy review meetings by the governors
- school council.