



School Food Policy



dated: February 2019

Date reviewed: February 2021

1. Why the policy was formulated:

- *To demonstrate compliance with the national school food standards and information from 'Public Health England'*
- *to promote consistency between packed lunches and food provided by schools which must adhere to national school food standards. Please visit www.childrensfoodtrust.org.uk/schools/the-standards for more information.*
- *to make a positive contribution to children's health*
- *to encourage a happier and calmer population of children and young people*

National guidance:

The policy was drawn up using a range of national documents including this template policy from the Children's Food Trust. Public Health England guidance on food in schools, including the National Food Standards were also referred to.

2. Breaktime snacks.

We encourage children to bring a small healthy snack to school. The government scheme provides all children in Reception, Year 1 & 2 with a free piece of fruit every day at school. This is often sufficient.

Fruit and vegetables are the most suitable choice of snack to bring in from home and contribute to one of your 'Five a day' which is essential as part of a healthy diet.

There are other choices which are acceptable as part of a healthy diet. Cereal bars are a popular choice, however parents should be aware of the sugar content of some bars and should only provide bars which are under 100 calories. Bread rolls, sticks and rice cakes are also suitable choices and are generally low in sugar and salt. A plain biscuit such as a 'Digestive' or 'Rich tea' are acceptable as they generally have less calories than most Cereal bars.

As a general rule children shouldn't bring chocolate biscuits, bars or sweets in as a morning snack. Processed fruit products such as 'Fruit Winders' are also not allowed as despite containing fruit they are extremely high in sugar.

Snacks should be small and easily eaten as the children have only 15 minutes for breaktime, which includes time to exercise and play. Yogurts are unsuitable as the children may not be sitting down during breaktime.

3. Food and drink in school lunches

Our school lunches are currently provided by Edwards & Ward. These are cooked on site. There is a high uptake of this service, particularly in FS2 and KS1, and we encourage parents to use it as it is more difficult to ensure packed lunches meet national standards.

Edwards & Ward are obliged to ensure that their menus meet national standards and are inspected.

4. Food and drink in packed lunches

We encourage parents to provide packed lunches that meet the same standards as School lunches. The 'Eatwell Guide' from Public Health England shows how to achieve a balance of healthier food and how much overall should come from each food group.

Confectionary and sweets, including processed fruit products such as 'fruit winders' should not be included in lunch boxes. Crisps should only be included as a treat and not regularly.



5. Breakfast Club

We purchase cereals which are low in sugar, children have a choice of wholemeal or white bread for toast. We encourage children to put a limited amount of spread and jam on their toast, and try to purchase low sugar alternatives. Children are limited to one cup of fruit juice as per government guidance due to tooth decay.

6. Special diets and allergies:

The school is aware of food allergies, has a procedure in place to manage food allergies and other special dietary requirements within school.

Children should not bring nuts into school as we have a child with severe nut allergies. Any items found will be removed by the school.

7. Treats

As a school we recognise that treats are fine as long as they are occasional and therefore by definition, 'treats'. We occasionally run cake and biscuit sales in aid of charities. Children sometimes bring in cakes and sweets when it is their birthday. Whilst we generally send these home with children at the end of the school day, we occasionally allow children to share birthday cake at breaktimes.

8. Involvement of parents/carers

We encourage all children to eat school lunches. However, parents of pupils wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which are in line with our packed lunch policy.

9. Sharing the policy

The school will ensure that all parents/carers are aware of the policy e.g. by sharing information via the school newsletter, website, in assemblies etc. The school will use opportunities such as parents' evenings and healthy living weeks to promote this policy as part of a whole school approach to healthier eating. The policy will be shared with all school staff, including teaching and catering staff and the school nurse.

Written in conjunction with the School Council

See also;

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>