

WHOLE SCHOOL FOOD POLICY

Updated: October 2017

AIMS

The health of our nation's children is a key priority for all of us. However, there is mounting evidence that poorly balanced diets and an inactive lifestyle could jeopardise the health of our children. Diet is a contributing factor to the rapid rise in childhood obesity, and we have found that too many children's diets are too high in fat, salt and sugar, and too low in fruit and vegetables. Poorly nourished children, especially those who are overweight or obese, may experience social and psychological problems, which have a significant impact on behaviour and performance in schools.

At Red Rose School, we believe that education about health issues is very important for the development of our children and young people, both now and for the future. Eating a well-balanced diet in childhood can help protect against chronic diseases in later life. We acknowledge the important link between a healthy diet and the ability to learn effectively. We also recognise that school can play a significant role, as part of the larger community, to promote healthy issues and help halt the year on year rise in obesity levels. We aspire to improve the health of the social community by teaching ways to establish and maintain life long healthy eating habits. We recognise that it is important to send the right message out, therefore our message is:

"There is no such thing as bad foods, just bad diets. We need to eat more fruit and vegetables but some foods, like crisps and sweets, need to be eaten in moderation."

RESPONSIBILITIES

At Red Rose we recognise the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. We also recognise the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices. Red Rose 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.

MISSION

The educational mission is to improve the health of the entire community by teaching children, parents/carers, ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

OBJECTIVES

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To ensure 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.
- To ensure 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.
- Make the provision and consumption of food an enjoyable and safe experience.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.
- To work towards ensuring that this policy is both accepted and embraced by all staff, pupils and parents.
- To integrate these aims into all aspects of school life, in particular
 - Food provision within the school
 - The curriculum
 - Pastoral and social activities

METHODS

- Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.
- Create an environment, both physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.
- Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

INTEGRATING INTO THE CURRICULUM

Integrating an ethos of safe, tasty, nutritious and environmentally sustainable food into the curriculum

Food topics covered within curriculum areas

- Art, e.g. observation drawings of food, healthy eating poster design
- Personal Social and Health Education, e.g. menu planning, nutrition
- Design and Technology, e.g. cooking, designing tools
- English, e.g. food diaries, following instructions
- Geography, e.g. what food grows where, food miles, transporting food, waste
- History, e.g. past diets, discoveries
- Information Technology, e.g. recording results of a food survey, website reviews
- Maths, e.g. weights and measures
- Physical Education, e.g. links between healthy eating and exercise
- Science, e.g. effects of heat on food, plant growth, nutrition

Topic cross reference

- Nutrition
- Dining
- Food Technology
- Menu planning skills
- Food hygiene (e.g. common food poisons, bacterial growth, contamination, washing hands, temperatures, storage, cleaning and disinfectant, pests)
- Cultural diversity
- Food production, marketing and labelling
- Recycling
- How plants grow

Examples of activities that could support curriculum work

- Relationships with local food businesses, e.g. farms, shops and restaurants
- Tasting sessions (integrate a range of eating experiences into classroom work, e.g. tasting fresh, dried, juiced, frozen and canned fruits and vegetables)
- Cooking demonstrations – also Food Technology sessions
- Healthy eating activities
- Healthy eating projects – within PSHE Curriculum
- Debates / guest speakers
- Eating experiences integrated into the curriculum for all subjects.
- School allotment (give pupils the opportunity to plant, harvest, prepare, cook and eat the food they grow)

Recommended Good practice

Healthy Eating is taught through a cross curricular approach. Every opportunity is taken to reinforce the messages of healthy eating through the curriculum, therefore ensuring that its coverage is broad and on going, not taught simply as a single unit of work.

The main subjects through which Healthy Eating will be taught are Science, DT and PSHE. We do however recognise that lots of other subjects have their contributions to make, for example learning about past diets through History, exploring what foods grow where through Geography, looking at foods from other cultures through RE etc.

Other opportunities are taken to discuss health issues surrounding food during specific celebrations, for example Harvest, Pancake Day, Chinese New Year, and religious festivals.

THE SCHOOL ENVIRONMENT

Creating an environment conducive to the enjoyment of safe, tasty, nutritious and environmentally sustainable food

Key questions

- On site food provision is through Break time snacks and Lunchtime dinners.
- Religious, ethnic, vegetarian, medical and allergenic needs of pupils and staff are met where required.
- We ensure that meals are all nutritionally balanced and represented on a graph to show each aspect of nutrition (vitamins, iron, calcium, protein etc).

Environment

- Our dining area is safe, pleasant, comfortable, attractive and clean.
- There are sufficient dining room supervisors who are trained to provide advice on hygiene
- Children sit within their classes.
- In the dining room, we encourage all children to foster good manners and respect for fellow students and also their lunchtime supervisors.

Recommended Good practice

We aim to create an environment which is conducive to the enjoyment of safe, tasty nutritious food.

- Children are encouraged to use cutlery.
- Encourage the eating of healthier foods at break-times and lunchtime.
- All children have been invited to bring a daily water bottle which they are encouraged to refill at home and place in class to be consumed throughout the day. The messages about the importance of drinking water are reinforced on a regular basis.

RAISING AWARENESS

Promotion and raising awareness of environmentally sustainable food production methods and socially responsible food marketing practices

Increasing the use of safe, environmentally sustainable local food

- We use locally grown produce wherever possible. Our milk supplier is local, and the fruit and vegetables come from local sources.
- Menu planning is linked to seasonal produce and availability.
- Through the food specification, we use no potentially harmful food additives such as bovine growth hormones, irradiation, and genetically modified foods.

Public policy and school campaigns

We aim to ensure maximum uptake of meals and that all pupils entitled to a free meal receive one. This is done through parental information/ communication, meals promotions and procedures to protect identity of free meal claimants. The kitchen staff monitor uptake in school meals. We shall be looking at maximising the reduction of waste by recycling, reusing, composting and purchasing recycled products.

Recommended Good Practice

We recognise the importance of having parental support and, as such, have developed this policy in consultation with Teachers, parents, children and young people.

- Send home information on a regular basis in regards to healthy eating issues.
- Parents receive information about healthy packed lunches and snacks.
- School menus are sent home within our 'Home – School Diary', so parents can see what their children are eating for school dinners, and discuss food choices with their children.

FOOD HYGIENE

Points to consider:

Lead responsibility

The Head Teacher is responsible for ensuring compliance with these requirements.

Requirement on all providers

- All the staff employed in food preparation hold a basic food hygiene certificate.
- A 'Hazard Analysis Critical Control Points' system is in operation and observed at all times. A copy of this is available for inspection.
- All Government /European Union regulations appertaining to food hygiene are complied with.
- There is a cleaning and disinfectant schedule.
- There is 3 yearly training for all kitchen staff on Health/Hygiene.

Pupils

- Pupils are reminded to wash their hands every time they go to the toilet
- Staff always encourage and sometimes supervise pupils washing their hands before they eat food where required.
- Posters and other attractive literature around school help promote this.

Food Poisoning

In the event of an outbreak, the Headteacher would be contacted immediately and advice sought as to the next step taken.

A CHECKLIST OF THE INTERIM FOOD-BASED STANDARDS FOR SCHOOL LUNCHES IN ENGLAND

Food Group	Key elements of the food-based standard
More fruit and vegetables	<p>At least two portions a day, of which at least one must be salad, vegetables or vegetable juice and at least one must be fruit, fruit salad or fruit juice. Fruit and vegetables in all forms, whether fresh, frozen, tinned in juice or dried. Fruit salad, fresh or tinned in juice. Fruit juice or vegetable juice. A fruit-based dessert with a content of at least 50% fruit measured by weight of the raw ingredients must be available at least twice per week in primary schools.</p>
Meat, fish and other non dairy sources of protein	<p>A portion of meat, fish and other non-dairy sources of protein must be provided every day.</p> <p>Red meat – to be provided twice a week in primary schools and three times a week in secondary schools.</p> <p>Fish – to be provided once a week in primary schools and twice a week in secondary schools.</p> <p>Oily fish – once every three weeks</p> <p>Dairy source of protein may be provided in place of meat, fish or a non-dairy source of protein.</p>
Meat (manufactured or homemade) products - restricted	<p>A meat product (manufactured or homemade) from each of the four groups below may be provided <i>no more than once per fortnight across the school day</i> providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal.</p> <p>Group 1: Burger, hamburger, chopped meat, corned meat.</p> <p>Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.</p> <p>Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll.</p> <p>Group 4: Any other shaped or coated meat product.</p>

Food Group	Key elements of the food-based standard
Starchy foods	<p>A starchy food (bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal) must be provided every day.</p> <p>A starchy food cooked in fat or oil (e.g. roast or sauté, fried rice or noodles, garlic bread) must not be provided more than three times in a single week <i>across the school day</i>.</p> <p>Every day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil should also be provided.</p> <p>A type of bread with no added fat or oil must be provided every day.</p>
Deep fried food – restricted	<p>No more than two deep-fried foods, such as chips and batter-coated products, in a single week across the school day.</p>
Milk and dairy foods	<p>Milk or dairy food (cheese, yoghurt (including frozen), fromage frais and custard; but not butter or cream) must be provided every day.</p>
Salt – restricted	<p>Salt should not be added to food after the cooking process is complete. This means salt should not be provided at lunch tables or at service counters.</p>
Condiments - restricted	<p>Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions or not more than 10g or 1 teaspoonful.</p>
Snacks – restricted	<p>Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. <i>Savoury crackers and breadsticks can be provided at lunchtime as part of a meal when served with fruit, vegetables or dairy food but not at any other time of the school day.</i></p>
No confectionary	<p>Confectionery such as sweets or chocolate, including products containing, coated with or flavoured by, chocolate, should not be provided as part of school lunches.</p>
Cakes and biscuits - restricted	<p>Cakes and biscuits may be provided during school lunches as part of a meal – but not at any other time of the school day. Cakes and biscuits must not include any confectionery – e.g. biscuits containing or coated with chocolate are not permitted.</p>
Healthier drinks	<p>The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks</p>
Water	<p>Free, fresh drinking water should be provided every day.</p>

SCHOOL FOOD STANDARDS FOR FOOD OTHER THAN LUNCH

Food services other than lunch must comply with the standards listed in the table below.

More fruit and vegetables	Fruit and vegetables must be provided in all school food outlets. These can include fresh, dried, frozen, canned and juiced varieties.
Drinking water	Free, fresh drinking water should be provided at all times.
Healthier drinks	The only drinks permitted during the school day are plain water (still or sparkling, skimmed or semi-skimmed milk, fruit juice, vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above.

ITEMS NO LONGER ALLOWED

No confectionery	Confectionery such as chocolate bars, chocolate coated or flavoured biscuits, sweets and cereal bars must not be provided.
Salt	Salt must not be provided at tables or service counters.
Condiments - restricted	Condiments such as ketchup and mayonnaise must only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.
Snacks	Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruits with no added salt, sugar or fat are allowed.
No cakes and biscuits	Cakes and biscuits must not be provided (except at lunchtime).
Deep fried food	Two deep-fried foods per week are allowed across lunch and all other food services.
Starchy food	Starchy food cooked in fat or oil must not be used in the cooking process more than three times a week across lunch and all other food services.
Meat products	A meat product (manufactured or homemade) from each of the groups below may be provided the meat product also meets the standards for minimum meat content and does not contain any prohibited offal:

Group 1: Burger, hamburger, chopped meat, corned meat.

Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.

Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll.

Group 4: Any other shaped or coated meat product.

Recommended Good Practice

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new cloth
- If necessary, cover work surfaces with disposable/plastic tablecloths before starting the task.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Always wash hands using soap before any preparation/sampling tasks.
- Ensure sleeves are 'rolled up' and disposable plastic aprons are worn for all food preparation.
- Keep the group/s manageable and use support assistants where necessary.
- When sampling always let individuals have their own spoon/cup etc.
- Allow plenty of space to work, with all 'classroom items' away from food and utensils.
- Encourage thorough washing up after the tasks and return utensils to their 'homes'.
- Dispose of finished/unwanted food after the task.
- Remove disposable items and wash down tables etc. thoroughly.

Safety

Children are reminded on a regular basis about the importance of hand washing

- The children are reminded of the importance of washing their hands before they eat.
- The children are also reminded of the importance of tidying away their litter. They are encouraged to put their rubbish back into their lunch boxes to help parents monitor what has been eaten at lunchtime.