



Food Policy



***Northumberland
County Council***

Presented to Governors Jan 2018. Ratified Spring Term 2018

Tritlington C of E Aided First School

Ethos

Reflecting the Trust Deed, the school will preserve and develop its religious character in accordance with the principles of the Church of England and in partnership with the Church at parish and diocesan level.

The school will aim to serve its community by providing an education of the highest quality within the context of Christian belief and practice. It encourages an understanding of the meaning and significance of faith and promotes Christian values through the experience it offers all pupils.

These values include love, caring, sharing, forgiveness, tolerance, perseverance and goodwill to all people.

We aim to ensure everyone reaches their full potential by providing an education that stretches the mind, strengthens the body, enriches the imagination, nourishes the spirit, encourages the will to do good and opens the heart to others

Tritlington C of E Aided First School

Food Policy

Rationale

Our school recognises the importance of nutrition on pupils' emotional physical health, well-being and the effects this has on an individual pupils ability to maximise their educational achievement.

Aim

We aim to ensure that healthier food and drink is provided at all times of day, taking account of individual needs (e.g. cultural, ethical, medical), reflecting nutrition and healthy eating messages in the curriculum, and with the support of the whole school.

We specifically aim:

- ❖ To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school
- ❖ To make sure that nutrition education has a prominent place in school life
- ❖ To offer healthy food and drink choices at all appropriate opportunities
- ❖ To ensure the food environment promotes a happy, pleasurable experience

Objectives

- ❖ To ensure that all food and drink served reflects the needs of all pupils and staff and makes healthy choices easy to take
- ❖ To consider long- and short-term impacts on health
- ❖ To regularly ensure that healthy food and/or drinks are available when needed during the school day – Break times – Lunchtime – Special activities e.g. Sports days, parents evenings
- ❖ To provide food and drink that allows individuals to a) Drink water frequently throughout the day b) Eat healthily c) Provide support for meeting individual needs for special diets
- ❖ To create a pleasant eating environment that is appropriate to the age of the pupils
- ❖ To deliver a curriculum that develops nutrition messages throughout a pupils school life
- ❖ As far as possible to proactively provide consistent and up to date information relating to food and nutrition for parents e.g. newsletters, displays, magazines and policies; Northumberland Schools Whole School Food Policy 2014. We are fully committed to following the Food Based Standards (September 2007) and the Nutrient Based Standards (2009)

Procedure

We will involve the school cook, staff, parents/carers and pupils in all processes that review, change or evaluate service delivery

We will identify and remove all conflicting information and practices e.g. classroom reward schemes, fundraising using confectionery products etc.

We will promote healthy eating messages during the school day including during break time, lunches and after school clubs.

The kitchen and serving areas will be kept clean and tidy at all times

The catering team will be clean and tidy in appearance and will be courteous to all

Lunch time menus will be displayed and the service will always commence on time where possible

Pupils entitled to a free school meal will be treated with sensitivity and anonymously

We will encourage children to bring a healthy packed lunch and reinforce positive messages about healthy eating.

Children will not be permitted to bring fizzy or energy drinks to school at any time and water bottles should contain water only.

Staff will be encouraged to model healthy eating messages when in contact with the children.

We will provide an attractive eating environment, which facilitates an enjoyable dining experience for all.

Catering Training & Development Statement

Three Rivers Learning Trust are committed to meeting the training and development needs of its Catering Staff in order to achieve the objectives of this policy.

The process of identifying training needs is through regular meetings with staff to determine training to meet objectives and through Personal Development Interviews with all staff.

- All new staff will receive induction training.
- All staff will have been trained to the level of the Level 2 in Food Safety in Catering and the Catering Manager to the level of Level 3 Supervising Food Safety Certificate.
- All employees will receive Basic Health and Safety training organised through the school.
- All employees will receive Fire Safety and Manual Handling training organised through the school.
- All members of staff will receive training on Food and Counter Presentation Skills.
- All members of staff will receive team customer care training.
- All staff will be encouraged to obtain the Support Work in Schools Certificate.

- All staff will receive training to provide an understanding of basic nutrition.

Food Hygiene Policy Statement.

Our catering service objective is to provide its customers with a high quality service and high quality food products and in doing so carry out our food handling activities to the highest possible hygiene standards.

We accept we have a legal duty to comply with the Food Safety Act 1990 and the Food Safety General Food Hygiene Regulation 1995 and all other subordinate legislation.

We expect all suppliers to also have such a philosophy.

We accept we have a legal duty to operate and maintain a Hazard at Critical Control Point System.

Staff are required to abide by this Statement and all Procedures and Codes of Practice, etc as laid down by ourselves.

Every member of staff in the kitchen will hold an appropriate accredited qualification in food hygiene and attend a yearly refresher session.

All staff are required to be aware of any procedures in place to manage food allergies and other special dietary requirements.

Who will be involved?

Representatives from the following groups will be invited to be involved in all development, decisions and actions:

Pupil representatives of the school council

Teaching and support staff

Parents

Food Governor

Action planning

Ensure the use of named cups in the classroom is actively encouraged.

Teachers not to give sweets as regular rewards

Review school rules on food brought in from outside including snacks and packed lunches

Aim to increase overall uptake and ultimately achieve 100% uptake of free school meals

Include meals opportunities for parents, so they can sample School dinners.

To work positively with Three Rivers Learning Trust to promote healthy choices as good value for money

Develop a school garden that includes fruit and vegetables

Three Rivers Catering Manager will work with catering suppliers to source locally produced ingredients where possible

Endeavour to establish school cookery groups with volunteer parents or learning support staff trained to run the groups

Universal Infant Free School Meals

In September 2014 the government introduced a new initiative to all schools in England; Universal Free School Meals (UFSM). This initiative enables all children in Reception, Year 1 and Year 2 to receive a free school meal every day. The initiative does not apply to children in Nursery, Year 3 and Year 4 however, you may be eligible for 'traditional' Free School Meals (FSM) - please see the information below.

Free School Meals

Did you know that just by registering your child for free school meals your child's school will receive extra money?

Pupil premium is money that is given to schools to help close the attainment gap between different groups of pupils (for more detailed information, see our section on Pupil Premium). The vast majority of pupil premium funding is allocated to schools for each student who is registered for free school meals. Since April 2012 this has included any child who has been registered for FSM at any time in the last 6 years. Pupil premium money is also paid for any pupils who are 'looked after', are adopted or whose parents are in the armed forces.

We are keen for everyone who is eligible to register for free school meals to do so. If you are registered you may also get help with the cost of other activities such as music tuition or educational visits as well as saving over £350 a year on dinners.

Even if you don't want your child to have a free meal as long as you qualify and are registered we still get the funding for school.

To apply simply complete the on-line form at <http://www.northumberland.gov.uk> or call Free School Meals at County Hall on 0845 600 6400. For more information, you can also speak to Mrs Gray in the school office.

Food considerations

- ❖ Every child will have access to 1 piece of fruit or vegetable each day, provided free of charge as part of the National School Fruit and Vegetable Scheme.
- ❖ We will strive to keep high fat, high sugar, and high salt items to a minimum. (The following figures are a guide from data available – Salt – less than 1.00g salt (0.4g sodium) per 100g – Fat – less than 10g total fat per 100g; 5g saturated fat per 100g – Sugar – less than 5g/100g of added sugar).
- ❖ Foods that contain naturally occurring sugar such as fruit and milk do not need to be included.
- ❖ We will encourage small snacks such as:
 - Fruit – fresh, dried long-life type pots, fruit salad in pots, fruit on sticks
 - Vegetable chunks / sticks e.g. carrots, cucumber, cherry tomatoes
 - Water, milk
 - Pure fruit and vegetable juice
 - Fruit smoothies
 - Toast
- ❖ We allow children with birthdays or other significant special occasions to bring a Celebration cake to share with their class

Larger snacks - Crisp breads, chunks French bread • Plain, fruit or cheese scones, teacakes, bread muffins, crumpets, bagels • Fruit loaf / breads • Sandwiches • Toasted sandwiches

Monitoring and Evaluation

Compliance with nutritional standards at lunchtime will be monitored by the analysis of menus by the catering team and reviewed on an annual basis with the Healthy Schools co-ordinator.

Compliance with nutritional standards at times other than lunch will be monitored and reviewed annually by members of the senior management team responsible for food, with support from the Food Group

Children's menus and food choices are monitored and used to inform policy development and provision.

Lunchtime Monitoring will occur via a variety of methods such as visual monitoring by Lunchtime Staff, monitoring by pupils themselves, surveys and the use of the school council.

If a child regularly brings a packed lunch that does not conform to the policy then the school will contact the parents to discuss this.

The senior management team will monitor nutritional education in the curriculum on an annual basis.

Packed Lunch Guidance - Some ideas

Our packed lunch guidelines fit within a wider context of promoting a whole school approach to food and healthy eating.

Children's packed lunches should be based on the 'Eatwell Guide' model which shows items the 5 main food groups; (Food Standards Agency).

Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch.

Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods.

Foods and drinks high in fat and / or sugar

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, crisps, cereal bars, fruit bars, toffee/salted popcorn, squash and fizzy drinks are no longer available in schools.

Please support your school by not including these items in a packed lunch.

Drinks

Any drinks provided in lunch boxes should only include either plain water, milk (semiskimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

To ensure consistency and to keep packed lunches in line with food standards for school meals, where possible packed lunches should not contain the following:

Fizzy / sugary drinks in cartons, bottles or cans;

Chocolate-coated products / sweets / confectionery;

Chocolate spread as a filling for sandwiches;

Chewing gum;

Sugared / toffee and salted popcorn;

Crisps or any packet savoury snacks high in salt and fat; Salted nuts or products containing nuts.

To assist us in ensuring the safety of all children in school at lunchtime, packed lunches should not contain nuts or any nut products, e.g. nutty cereal bars, peanut butter. This protects the children who have severe allergies to nut products and can suffer anaphylaxis as a result of contact with such products.

(Additional information is available with ideas and examples of foods that can be included in packed lunches - School Food Trust www.schoolfoodtrust.org.uk)

Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Packed Lunch Containers

It is the responsibility of parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures after a period of time can have increased levels of bacteria in them. Hot foods e.g. soup should not be sent in to school. School cannot heat packed lunch food or store hot products, therefore all packed lunch items should be cold.

Storage of Packed Lunches

The school will provide storage area for packed lunch bags, in the most convenient and appropriate place possible. However the school cannot always provide cooled storage areas and therefore cannot take legal responsibility for foods prepared at home and then brought into school.

Dining Facilities for Pupils Bringing Packed Lunch

Our school will provide an appropriate area where pupils who choose to bring packed lunches can eat with their friends.