



Food Policy

Last reviewed: December 2021

Next review Date: December 2025



Washingborough Academy – Food Policy

The school is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The policy has been developed with guidance from The Children's Food Trust who developed school food related standards to ensure healthy eating in schools.

Food Policy Leader

This school food policy is led by Mrs Corse, subject leader for Food.

Food Policy Aims

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day
- Increase the flexibility of service and choices available to our pupils.
- Encourage a positive attitude to healthy eating for later life.
- Develop an all-round positive attitude to healthy lifestyles through all aspects of school life. These aims will be addressed through the following areas:

Equal Opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

Curriculum

Food Education and nutrition is taught at an appropriate level throughout each key stage.

This is addressed through:

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include theme related activities, food preparation and cooking, group discussions and role-play.

Leading by example and staff training

Teachers, lunchtime supervisors and caterers have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. The Food Leader will provide guidance as required.



Washingborough Academy – Food Policy

Members of staff are encouraged to eat a hot school meal alongside the pupils, modelling a positive attitude to food and supporting pupils as they develop knife and fork skills.

Resources

The school has a fully equipped kitchen for food-based activities. We have developed links with other organisations such as Food for Life and TastEd to offer a variety of lessons allowing children to learn about and taste different ingredients.

As well as the teaching kitchen the school has a well-developed kitchen garden with all pupils having the opportunity to grow their own fruit and vegetables.

Outcomes

- We work towards the following objectives:
- Relevant staff are trained in practical Food Education;
- Pupils choose healthy and nutritious food across the school day and enjoy it;
- The school meets the School Food Standards;
- Pupils can plan and cook healthy food;
- There are snacks available that are not rich in salt, sugar and fat,
- There are high levels of fruit and vegetable consumption;
- There is water freely available throughout the school

Food and drink provision throughout the day

Food-based Standards exist covering all aspects of school food. (Full details and the document relating to this are available from the School Food Trust)

www.schoolfoodtrust.org.uk.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious snack for pupils before the school day and complies with the food-based standards.

As well as providing a forum for healthier breakfasts, such clubs can address the needs of children who arrive at school very early and who do not otherwise have a breakfast- They can be used to promote better attendance by pupils and also are a forum for involving parents in their child's education including nutrition education.

National Nutritional Standards for School Lunches

In 2013 the Government announced new standards for school food which cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food is prepared by our own school kitchen, which is credited with the Gold Food for Life Catering Award and our hot meals meet the National Nutritional Standards for School Lunches. Due to the high quality of our school meals and the government funding for Foundation Stage 2 and KS1 children to have a hot meal



Washingborough Academy – Food Policy

through Universal Infant Free School Meals (UIFSM), the school's policy is that every child in FS2 and KS1 are required to have a healthy hot meal provided by the school unless there are medical or religious reasons for not having them.

Break-time snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at break-time. Nut products are not permitted.

In the Foundation Stage and KSI, children are provided with a piece of fruit as a snack.

At KS2 we advise parents to send children with a healthy snack. This should ideally be a piece of fruit or vegetables. Snacks high in sugar saturated fat and salt such as chocolate bars and crisps are not appropriate.

Use of food as a reward

The school does not encourage the eating of sweets or other foods high in sugar or fat.

Drinking water

The school provides a free supply of drinking water through water fountains located throughout the school. Pupils are actively encouraged to bring water bottles from home to use at break times and during lessons if needed. We do not permit fizzy and/or energy drinks, fruit juice and cordial. During lunch times water is freely available with children using school provided drinking cups.

Food and drink bought into school

Packed lunches

The school encourages parents and carers to provide children with packed lunches that complement the food standards. This is achieved by promoting healthy packed lunch options.

It is a popular misconception that packed lunches brought from home provide a healthier choice than a school meal. The Food Standards Agency School Lunchbox Surveys of 2003 and 2004 challenged this assumption. The findings indicated that many lunchboxes contained food with high levels of fat, sugar or salt.

Parents are advised that packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.



Washingborough Academy – Food Policy

- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt or fromage frais every day.
- Plain water is available throughout the school day, including at lunchtimes.

Packed lunches should not include:

- Snacks such as crisps or any nut product. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal-
- Meat products such as sausage rolls, individual pies, corned meat and sausages I chipolatas should be included only occasionally.
- Fizzy drinks, fruit juice and cordial should not be included in children's packed lunches

This advice for parents on healthy packed lunches or initiatives can be found at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Special dietary requirements

Special diets – religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices

Vegetarian

School caterers offer a vegetarian option at lunch every day.

Special diets - medical

Individual care plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. School caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Allergies

Food allergies are estimated to affect 1 or 2% of the adult population and are more prevalent in infants and children. The most common allergenic foods are eggs, milk, fish, shellfish, peanuts, soya, wheat, tree nuts and seeds. Allergies to certain foods, such as peanuts and peanut products, other nuts, seeds and their derivatives and shellfish can be particularly acute. People suffering from a severe food allergy need to know the exact ingredients in their food, because even a tiny amount of the allergenic food could kill them.

How school can help?

As peanut/nut allergy is the second most common food allergy in children and this is increasing. It now occurs in 1 in 50 children. This school has adopted a '**No Nuts Policy**'. We will:

- Make sure we know which children suffer from an allergy and to which food.
- Make sure that all staff are aware of the potential hazards and therefore do not use severe allergens such as nuts and nut products in training sessions or notices.
- Make sure that nuts are not used in a class recipe.
- Advise parents of alternatives to nuts.
- Not use any nut products or nut oils in our School Kitchen or during Food Education lessons.
- Make sure that our catering suppliers provide information as to whether the ingredients or flavourings used in their products contain nuts or seeds and find an alternative product if it does. We are not able to guarantee that there is no trace of nuts.
- Always check the recipes of any foods that we are going to prepare.
- Make sure that we are clear about the school's policies regarding first aid and administering medication, and whether a member of staff has been trained to administer medication in the event of an allergic reaction by a pupil.
- Make sure that staff regularly check pupil's lunch boxes to ensure that they are compliant with our 'No Nuts Policy'

If you are in any doubt about the severity of a reaction, call an ambulance immediately.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers have guidance on food hygiene; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

The food and eating environment

The school halls are used for hot school meals and packed lunches at lunch times. It is our belief that meal times are social occasions and that pupils can talk and enjoy time with their friends. Drinking water is freely available to all pupils during lunchtimes.

Monitoring and evaluation

We will review the food and healthy eating policy and our healthy eating approach in order to enhance the quality of our food provision.