

Whole School Food Policy

Values and Ethos

Cranwell Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by a whole school approach to food and nutrition including BASC.

Aims of the policy

- To enable pupils to make healthy food choices and the development of appropriate skills and attitudes through cross-curricular learning.
- To provide healthy food choices throughout the school day
- To encourage a positive attitude to healthy eating for later life
- To develop a positive attitude to healthy lifestyles through all aspects of school life.

Roles and Responsibilities

It is the responsibility of the DT Food and Nutrition lead, Lead MSA and named Health and Safety Governor to ensure that both Staff and parents are informed about our policy, and that the policy is implemented effectively.

All school staff, especially teachers and MSA's have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with the Healthy Eating guidelines. The DT Food and Nutrition lead and Lead MSA will provide guidance as required.

The DT Food and Nutrition curriculum will be taught by teaching staff including HLTAs, TSs/1:1s or volunteers under the direct supervision of the class teacher. It is the DT Food and Nutrition lead and named H & S Governor's responsibility to ensure that all members of staff are given sufficient training, so that they can teach effectively.

The DT Food and Nutrition lead, Lead MSA and named Governor will monitor this Policy on a regular basis and report to the Governing Body, when requested, on the effectiveness of the Policy.

Curriculum Design

DT Food and Nutrition is taught across our curriculum through multiple teaching methods to provide a rich variety of learning including but not limited to; themed weeks/activities, whole school events, cross-curricular learning (Science, PSHEE), tasting sessions, food preparation and cooking and group discussion. These methods are taught at an appropriate level throughout each key stage and 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.

Resources

Cranwell Primary school has an equipped kitchen for food-based activities. We also have access and links to organisations such as Food a fact of life <https://www.foodafactoflife.org.uk/> and British Nutrition Foundation <https://www.nutrition.org.uk/>

As well as the teaching kitchen, the school has a kitchen garden where classes have the opportunity to grow their own fruit and vegetables.

The Servery in school provides an area to serve hot meals from safely.

Food and drink provision throughout the school day

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

Hot Lunches

Our hot lunches are prepared by Ideal Foods who provide us with their annual certificate stating their food meets the National Nutritional Standards for School Lunches.

Break-Time snacks

KS1 are provided with a free healthy snack choice as the school understands that snacks can be an important part of the diet of children and can contribute positively towards a balanced diet.

BASC

Before and After School Club follow the School food standards and create weekly meal plans that take the standards and lunchtime hot meal menus into account.

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 and classroom sinks. 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 are not permitted in class. During lunch times, water is freely available with children using school provided drinking cups. Milk is provided for all KS1.

Food and drink brought into school

Break-Time Snacks

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. **Nut products are not permitted.**

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.

Parents are advised that pack lunches should include:

- At least one portion of fruit and one portion of vegetables everyday
- Meat, fish or other source of non-dairy protein everyday
- Oily fish such as salmon, at least once every three weeks
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes everyday
- Dairy food such as milk, cheese, yoghurt everyday
- Healthy drink option

Nut products are not permitted.

Advice for parents on healthy packed lunches can be found at <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The Food and eating environment

The school hall is used for hot school meals and packed lunches at lunch times, some packed lunches are also eaten within the classrooms. It is our belief that meal times are social occasions and that pupils can talk and enjoy times with their friends. Trays with appropriate crockery and utensils are provided for all hot meals and appropriate table manners and knife and fork skills are practised and adhered to.

Special dietary requirements

Religious and Ethnic groups

The school provided food in accordance with pupil's religious beliefs and cultural practices.

Vegetarians and Vegans

Our hot meal provider offers a daily vegetarian and vegan option to order from on the online system.

Medical

Individual Health Care Plans are created for pupils with special dietary needs/requirements. These documents symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. School caterers are made aware of any food allergies/food intolerances/ medical diets and requests for these diets are submitted according to an agreed process.

Any child with a special dietary requirement receives a white hot meal tray to make the serving staff aware of special requirements.

The school office keep an allergy list up to date and send to all staff members regularly to make sure staff are aware of any religious requirements, allergies or intolerances within their classroom which can be referred to at any time especially when planning the DT Food and Nutrition curriculum. Allergy list is also displayed in servery.

Our school 'No Nuts Policy'. This means we will make sure that nuts are not used in class recipes, advise parents of alternatives to nuts, make sure our hot meal provider does not provide nuts in any of our meals. Staff regularly check pupil's lunch boxes to ensure they are compliant with our 'No Nuts Policy'

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. Temperature of hot meals are recorded on dispatch and before serving. Any food safety hazards are identified and controlled.

Monitoring and evaluation

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