

FOOD POLICY

Approved by Staff: November 2006

Review Date: November 2008

Portway Infant School

FOOD POLICY

Aims:

- **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 educate pupils, staff and parents and make them aware of the need for a healthy lifestyle and enable them to make informed choices in their lives.**

Objectives:

- To have a consistent approach to healthy eating and thus give our pupils the confidence, skills and understanding to make healthy food and drink choices.
- To encourage pupils to eat at least one portion of fruit or vegetable each day through the Government fruit scheme.
- Provide limited choices of school meals so that pupils receive a balanced meal.
- Encourage parents to provide pupils with healthy lunchboxes that do not include sweets and sugary drinks. Waste and uneaten food will be taken home in the lunchbox so that parents know what has/has not been eaten.
- Provide information to parents about healthy eating on a regular basis and in a variety of ways.
- Recognise the value of free school meals for low income families and promote this fact to parents and provide them with the relevant information.
- Promote the drinking of water by encouraging all pupils to have water bottles in the classroom, having regular water breaks during the day and by providing drinking water in the classrooms.
- Work in partnership with HC3S to ensure that standards in nutrition are met and that they provide attractive, value for money meals that are appropriate to the pupils needs.
- Provide a pleasant and sociable dining experience that will enhance the social development of our pupils.
- Educate pupils in the skills required for eating food.
- To take into account individual needs; cultural, ethical and medical.
- To ensure health and safety guidelines are considered in food preparation and pupils are taught basic rules of food hygiene.
- To ensure that pupils have opportunities to learn about healthy eating and different types of food in the context of a balanced diet in Science, Design Technology, PSHE and the Rights, Respect and Responsibility Curriculum.

FOOD POLICY GUIDELINES

Playtime Snacks

Playtime snacks are not permitted. To avoid the problem of children eating their packed lunches at the wrong time, and because of shortage of space, the children are NOT allowed to bring break-time snacks.

5 a Day Fruit and Vegetable Scheme

Portway Infant School participates in the Government 5 A DAY Fruit and Vegetable Scheme which entitles every child to a piece of fruit or vegetables once a day in place of a break-time snack.

School Meals

Our school dinners are provided by HC3S and are cooked on site. They provide a balanced choice and each child is able to choose between a meat based dish and a vegetarian dish. We consider lunchtime to be a valuable time for social training, when children learn to share a meal and to enjoy a variety of foods. See Appendix 1 – Working with the School's Caterers.

Free School Meals

Every child who has a right to a free school meal should be able to have one. If a parent is receiving Income Support, Jobseekers Allowance or are in receipt of a Child Tax Credit, all their children are entitled to free school meals. When receiving child tax credit, your child is only eligible for free school meals if: the parent earns less than £14,155 and does not receive Working Tax Credit.

Application forms are kept in the school office and have to be completed each term.

Special Table Award

Children are invited to eat at the special table for one week, by invitation from the lunchtime supervisors, for demonstrating good manners.

Healthy Lunchboxes

Provision is made for children who bring their own packed lunch. These meals should be sent in sturdy, clearly named containers. Parents are encouraged to send the amount of food they expect their child to eat, so that the supervisors can encourage the children to eat what they have been given.

Packets of sweets or bars of chocolate are not allowed. Drinks should be in an unbreakable container with a close fitting lid. Glass bottles are not allowed and the bringing of fizzy drinks is discouraged. Water and cups are available, but plates are not, and it is therefore suggested that a piece of kitchen roll be included as a place mat.

Parents are encouraged not to include peanut butter in lunches when children with peanut allergy are on roll.

Healthy Lunchbox Leaflet

A group of children researched and wrote a Healthy Lunchbox leaflet for parents and children. A copy of this can be found on the school website. Parents are encouraged to provide children with a healthy lunchbox at parent's evenings and through newsletters.

Curriculum

Children are taught about Healthy eating as part of the Science curriculum. Year 1 take part in the Sainsbury's Taste of Success Food Awards Scheme when they make healthy fruit salads.

Appendix 1

3.1 Working with the school's caterer

- 3.1.1 The school and its caterer must meet the new nutritional standards for school meals (19 May 2006) and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

<p>Fruits and vegetables - these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<p>§ Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)</p> <p>§ A fruit-based dessert shall be available at least twice per week in primary schools</p>
<p>Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<p>§ A food from this group should be available on a daily basis</p> <p>§ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools</p> <p>§ Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks</p> <p>§ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</p>
<p>Manufactured meat products</p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.
<p>Starchy foods (also see additional requirement on deep frying below) -</p>	<p>§ A food from this group should be available on a daily basis</p> <p>§ Fat or oil shall not be used in the cooking process of starchy foods on more than three</p>

<p>these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</p>	<p>days in any week</p> <p>§ On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available</p> <p>§ In addition, bread should be available on a daily basis</p>
<p>Deep fried products</p>	<p>Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process.</p>
<p>Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<p>A food from this group should be available on a daily basis.</p>
<p>Drinks</p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> § plain water (still or fizzy); § milk (skimmed or semi-skimmed); § pure fruit juices; § yoghurt or milk drinks (with less than 5% added sugar); § drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies); § low calorie hot chocolate; § tea; and § coffee <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<p>Water</p>	<p>There should be easy access to free, fresh drinking water.</p>
<p>Salt and condiments</p>	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
<p>Confectionery and savoury snacks</p>	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and Seeds with no added salt or sugar.</p>