

# Whole School Food Policy

## Dover Park Primary School

### 1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

### 2. Food and Drink Provision Throughout the Day

#### 2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021) <https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists, portion sizes and allergy information (updated 2021) <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

## 2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

Breakfast is not served at Dover Park Primary School at present. Parents can send breakfast items in with pupils when they are attending Breakfast Club (before school provision).

Schools cannot provide the following foods for breakfast, therefore we would discourage parents from sending in the following:

- Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

## 2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit should not be offered as a snack, and should only be offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

- For more information on snack guidelines for schools please refer to: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/996114/Checklist\\_for\\_school\\_food\\_other\\_than\\_lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

Snacks at Dover Park Primary

- At morning breaktimes, pupils are able to consume fruit or vegetables brought in from home.
- Guidelines for parents and carers about these snacks to be eaten at breaktime are that they are **pure fresh fruit or vegetable items only** (e.g fresh fruit or vegetables) but not dried fruit (as this sticks to teeth when not eaten as part of a meal) , and not fruit based snacks eg fruit winders, fruit based snack bar etc, these can be in a lunchbox to be eaten at lunchtime but not morning breaktime).
- The school also provides all Reception and Key Stage 1 pupils with a piece of fresh fruit or vegetable provided through the Government School Fruit and Vegetable scheme that staff put out in the playground. Following Early Years Framework, (EYFS 3.29) in Reception, “it is now a requirement that children must be seen as well as heard when eating. In light of this, settings should ensure: Adults can see children's faces whilst they are eating, including whilst preparing and serving food.”
- If pupils have allergies towards any of these fresh fruit or vegetable items, class teachers will be made aware through the office and discussions with parents/ class members will be made accordingly.

## 2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is served starting at 12.10 and is provided by: Chartwells.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

Chartwells in conjunction with Dover Park Primary School ensures:

- the quality of ingredients for lunches (meeting and exceeding the School Food Standards)
- that the choice of meals is appealing and meet the needs of the pupils
- that parents / carers are encouraged to opt for school lunches for their children
- that the lunches provided address cultural, religious and special dietary needs including food allergies and medical conditions

Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

For further information:

<https://www.chartwells.co.uk/primaries/>

<https://www.chartwells.co.uk/media/bqghmoed/school-food-standards-teatowel.pdf>

## 2.5 Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for children at least once a day at lunchtime.

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water based drinks only' school for all children of reception age and older.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

### 3. Food and Drink brought into school and parent engagement

#### 3.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

#### INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed).

#### LIMIT:

- Processed meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice: no more than 150mls per day (restricted to children aged 5+)

#### DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips for children aged 5 years and above:

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

Or see links on our school website.

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
<b>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates</b> (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
<b>At least one portion of vegetables and/or fruit</b> (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
<b>A portion of beans, pulses, fish, eggs, meat and other proteins</b> (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
<b>A portion of dairy or an alternative</b> (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
<b>Desserts, cakes, biscuits and crisps</b>	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
<b>A drink</b>	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

For more information and practical tips for children aged 1-4 years old:

[https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed\\_lunches\\_Dec17.pdf](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf)

- To assist with ideas for healthy packed lunches, the school website and School Dojo provides links to ideas for healthy packed lunches.
- At lunchtime staff monitor packed lunches and steps are taken to contact parents/ remove the food item if a packed lunch doesn't meet the above requirements, especially where Nut Allergy requirements are broken.
- Pupils will store packed lunches on trolleys outside classrooms until lunchtimes. In the dining hall, pupils who bring packed lunch sit and eat together with school lunch pupils.

#### 4. Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where there can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to: <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to:

<https://www.healthystart.nhs.uk>

## 5. Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including parents informing us of pupils' needs and us working with Chartwells to provide individually tailored menus. We cater for needs such as:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances ([guidance here](#))
- People with medical conditions where dietary needs are impacted

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- Childhood First Aid
- Adrenaline / anaphylactic shock training

## 6. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Staff serving children at their table to ensure more calm environment, older pupils helping out with moving trolleys/ modelling use of cutlery/ cutting up food for younger pupils, pupils eating in small amounts of year groups to allow more space and quieter eating environment. We are constantly monitoring the eating environment and use School council feedback to find out current pupils' ideas to improve this.

## 7. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Working with Chartwells to provide adequate facilities, suitable equipment, risk assessments and hazards identified.
- All teaching staff hold Level 2 food safety certification and this is updated regularly.

## 8. Cooking and Food Education in the Curriculum

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart':

<https://www.nhs.uk/change4life/food-facts/sugar>

As part of this, teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

We also ensure food and nutrition are prioritised through visitors to the classroom, such as Chartwell workshops, visits to Food Banks , staff modelling healthy eating habits.

## 9. Extra-Curricular Activities

We are developing Extra Curricular activities to include cooking clubs and opportunities, which will include healthy recipes as detailed in the Food Technology curriculum.

## 10. Monitoring and Evaluation

- This policy will be monitored and evaluated every 2 years as a minimum.
- This policy is on the school website for all to access. It may also be shared with staff, parents/carers, pupils by other methods such as newsletters, parent's evenings, staff meetings etc.

## 11. Policy Review

Policy Implementation Date:

Next Review Date:

Signed:

Date: