

# Hook Junior School – Whole School Food Policy

<b>Date reviewed:</b>	January 2017	<b>Date of next review:</b>	January 2019
<b>Committee responsible for review of policy:</b>	Curriculum	<b>Linked policies:</b>	PSHE, DT, Science, DCSF standards for school food.

## Rationale

Hook Junior School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through our rich curriculum we aim to take a more pro-active approach to improving the health and wellbeing of children.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind.**

## 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 adopt a whole school approach to healthy eating
- To encourage the eating of fruit and vegetables (fruit snack, lunches)
- To teach children within the curriculum about which foods are the healthy option (science, food technology, PSHE) and to continue to include work associated with healthy balanced diets in its curriculum
- To encourage good hygiene when handling food (DT, Science)
- To encourage the drinking of water – children may bring in their own water in bottles to have in the classroom, or drink from the water fountains
- To encourage healthy lunches – the meals provided by the school meals service (HC3S) meet the current Government nutritional standards. Parents are encouraged to provide 'healthy' packed lunches and provision is made in school for the children to sit and eat.

## Objectives

The school and its caterer must meet the current nutritional standards for school meals. The new School Food Regulations will be adopted from November 2014, to comply with the legislation coming into force from January 2015. The school through its caterer/food provider now must offer the food groups as listed in Appendix 1 as part of the school meal and from September 2008 the nutrient standards.

To ensure as high quality of meal as possible for Hampshire pupils, HS3S:

- Meets the Hyperactive Children's Support Group's recommendations for the removal of additives and is regularly reaccredited.
- Has ensured the standard primary menu is nut free so children requiring a nut free diet do not need to register for a special diet.
- Endeavours to provide all medically requested special diets.
- Uses local suppliers for local products wherever possible.

From January 1st 2015 school food standards require lower fat milk or lactose reduced milk to be available for drinking at least once a day during school hours. Milk must be provided free of charge to benefit based free school meals pupils. Milk can be offered to all other children but charges will be made on a termly basis.

The school will include work associated with healthy balanced diets in its curriculum.

As part of the work that children do for sciences, and for personal, development learning (PDL), they will be taught:

- The whole-school policy will encompass nutrition education in the curriculum. Healthy eating will be covered within the personal, social and health education (PDL), the Design and Technology and the Science curriculum.
- Children will have opportunities to cook and prepare food.
- Pupils will be made aware of the healthy eating policy throughout the curriculum and through the School Council.
- Healthy eating messages will be taught as part of looking after yourself.
- Healthy eating will form part of the school strategic plan.
- There will be consistent messages across the curriculum about healthy eating.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.

The school can also arrange for advice and assistance about healthy eating issues.

The school will provide information on healthy foods that should be included in lunch boxes from home

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad

- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

Parents are advised to include an ice pack. Food products prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

In addition, the school requests that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts

Parents who have difficulty following these guidelines are requested to contact the school.

The school will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table in order to eat their lunch. In the summer months children are able to sit outside to eat their packed lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- Lunchtime supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

The school will reward pupils for good meal time etiquette, good behaviour and healthy eating.

The school will ensure a school representative is trained, at least, to Basic Food Hygiene Standards.

The school will make arrangements for monitoring and evaluating the activities to ensure these objectives are met

This policy, its procedures and activities, used to meet the school's Whole School Food Policy, will be monitored and reviewed every 2 years by the PDL Leader and the Governing Body.

## Approvals

<b>Date Reviewed:</b>	
<b>Signed:</b>	
<b>Position</b>	

## APPENDIX 1 – FOOD GROUPS

The school through its caterer/food provider now must offer the following food groups as part of the school meal and from September 2008 the nutrient standards.

<p><b>Fruits and vegetables -</b></p> <p>these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> <li>▪ 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)</li> <li>▪ A fruit-based dessert shall be available at least twice per week in primary schools</li> </ul>
<p><b>Meat, fish and other non-dairy sources of protein -</b></p> <p>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>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools</li> <li>▪ 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</li> <li>▪ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein</li> </ul>

**Manufactured meat products**

Manufactured meat products may be served occasionally as part of school lunches, provided that they:

- 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.
- iv) A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1; burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch)pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.

<p><b>Starchy foods (also see additional requirement on deep frying below) -</b></p> <p><b>these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</b></p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis</li> <li>▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week</li> <li>▪ 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</li> <li>▪ In addition, bread should be available on a daily basis</li> </ul>
<p><b>Deep fried products</b></p>	<ul style="list-style-type: none"> <li>▪ 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.</li> </ul>
<p><b>Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</b></p>	<ul style="list-style-type: none"> <li>▪ A food from this group should be available on a daily basis.</li> </ul>

<b>Drinks</b>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>▪ plain water (still or fizzy);</li> <li>▪ milk (skimmed or semi-skimmed);</li> <li>▪ pure fruit juices;</li> <li>▪ yoghurt or milk drinks (with less than 5% added sugar);</li> <li>▪ drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);</li> <li>▪ low calorie hot chocolate;</li> <li>▪ tea; and</li> <li>▪ coffee</li> </ul> <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
<b>Water</b>	<p>There should be easy access to free, fresh drinking water.</p>
<b>Salt and condiments</b>	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
<b>Confectionery and savoury snacks</b>	<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>