



Preston Candover CE Primary School

FOOD POLICY

May 2021

Review Date: May 2024

Introduction

Preston Candover CE Primary School is committed to giving consistent messages about all aspects of health to understand the impact of particular choices and to encourage decision making, develop knowledge and awareness of food issues and have positive attitudes to food. The school actively supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day and is a 'Nut Aware' School.

Aims and objectives

Our aims are to ensure that all aspects of food, nutrition and drink promote the health and well-being of pupils, staff and visitors. To ensure the provision and consumption of food is an enjoyable and safe experience. To ensure that there is access to nutritious food, and a safe, easily available water supply. To ensure that food provision in the school reflects ethical and medical requirements.

Nut and Food Allergy Awareness

The Nut and Food Allergy Aware policy will be managed by:

- Parents and caregivers being requested NOT to send food to school that contains nuts (especially peanuts). This includes peanut paste, Nutella, all nuts and cooking oil containing peanut oil, as well as foods containing nuts.
- Staff supervising eating at lunch time.
- Children being encouraged NOT to share food.
- Children being encouraged to wash hands before eating.
- Staff participating in annual training in understanding and dealing with Anaphylaxis (severe allergic reactions) and the use of an epi-pen as the need arises.
- The School kitchen (HC3S) complying with the Nut Awareness Policy
- Action taken to ensure children with allergies are safe whenever food is to be brought into school from outside – e.g. cake stalls; coffee club etc.
- Action taken to ensure children with allergies are safe when off school site on a visit – the child's emergency epi-pen MUST be accessible to them at all times.

Promotion

The policy will be promoted by:

- Parents and caregivers being informed via the newsletter at the beginning of each school year and new families to the school community being informed on entry to the school.
- Signs within the dining hall to inform children and adults within school that it is a 'nut free zone'.
- Signs in the staff room to inform staff and visitors that nut products should not be brought into school.
- Staff being informed and provided with training opportunities

The school acknowledges that due to food processing practices it is impractical to eliminate nuts or nut products entirely from an environment where there is food.

Meals prepared on the school site

Meals are prepared and cooked on site by HC3s. These meals follow Hampshire guidelines and recommendations. See Appendix A

Lunch options are selected each morning during register time and recorded. The cook then prepares meals to order ensuring everybody has the lunch of their choice.

HC3s may offer themed meals linked to current issues or curriculum weeks.

We aim to send the menu to the parents each term.

Meals brought from home

Preston Candover CE Primary School recognises the benefits of a well-balanced school meal for children, in the middle of the day, and recommends to parents that this is the best option. Should parents wish to provide a packed lunch from home Preston Candover CE Primary School recommend the following guidelines. See Appendix B

All lunches must be brought to school in a named container. Parents are advised to include an ice pack.

Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

Eating Arrangements

Preston Candover CE Primary School will provide a clean, sociable environment, indoors and out, in which to eat lunch.

Preston Candover Primary School expects the children to follow the following guidelines when eating.

- The children are required to sit at a table, when inside, in order to eat their lunch; and to be seated when eating outside.
- Children are required to eat all or at least try to eat most of the food provided for them. They should not share their food with others.

- Lunchtime supervisors will help any children who have concerns or cause concern during meal time.
- If a child needs help or wishes to leave they should raise their arm and a lunchtime supervisor will come to them.
- Children are expected to behave well whilst eating their lunches, be polite and helpful to their peers and those adults with whom they have contact.
- Children must leave the area where they have eaten their lunch in a reasonable, clean and tidy condition.

Playtime snacks

Fruit is provided for all KS1 children in school. If snacks are brought from home they must be raw fruit or vegetables. If there is additional school fruit then the children will also be offered this at other times during the school day.

Water

Fresh water is freely available throughout the school day to all members of the school community.

Every child is encouraged to bring in a water bottle to store their water in. This is available to pupils whenever they need a drink. Children should only have water in their bottles when they bring them from home.

Food in the Curriculum

Preston Candover CE Primary School will include work associated with healthy balanced diets through its curriculum.

We recognise that food has great potential for cross-curricular work. See curriculum maps. Children may have experience of the following during their time at Preston Candover CE Primary School.

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Designing and costing menus
- Measuring and weighing
- Food preparation and cooking
- Growing plants, including vegetables
- Food in history
- Food from around the world
- Tasting and forming opinions about food
- Nutritional composition, digestion and the function of different nutrients in contributing to health.

Staff have opportunity to attend training to make sure they are confident when working with food and their class.

When children make food products in school then children will not normally eat these before lunch.

Preston Candover CE Primary School may enlist the help of other professionals to help promote healthy eating habits. The school may also arrange for advice and assistance about healthy eating issues to be provided to parents, carers and other stakeholders should there be sufficient interest.

During out of school events, eg "Fun on the Field" etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments offered to the children. This policy will be reviewed every two years, or earlier if it is considered necessary.

Food Policy Appendix A

- 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)
- A fruit-based dessert shall be available at least twice per week in primary schools
- Meat, fish, other sources of protein should be available on a daily basis
- Red meat shall be available twice per week
- Fish shall be available once per week, oily fish shall be available at least once every three weeks
- 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 do not contain offal.
- A starchy food should be available on a daily basis
- Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week.
- 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.
- In addition, bread should be available on a daily basis.
- 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.
- Milk or dairy food should be available on a daily basis
- The only drinks available should be:
 - 1. plain water (still or fizzy);
 - 2. milk (skimmed or semi-skimmed);
 - 3. pure fruit juices;

4. yoghurt or milk drinks (with less than 5% added sugar);
 5. drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies);
- There should be easy access to free, fresh drinking water.
 - Table salt should not be made available
 - Confectionery, chocolate and chocolate-coated products shall not be available throughout the lunch time.

Food Policy Appendix B

Preston Candover CE Primary School recommends that a packed lunch, from home, is made up of 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. ham, chicken, beef, Quorn, cheese, tuna, egg or
- Hummus, etc.
- A drink -fruit juice, water, milk
- In addition, the school asks that parents include the following items in moderation:
 - Crisps or savoury snacks
 - Cakes and biscuits
 - Cereal bars

The following should not be included at all:

- Sweets and chocolate, etc
- Fizzy drinks
- Nuts and nut based products of any sort.