



# **Bishop Martin Church of England Primary School**

## **Policy for Food**

including Packed Lunches  
September 2018

(Next review Autumn 2019)

## **Whole School Food Policy**

### **INTRODUCTION**

The 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 the whole school approach to food and nutrition documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils. This will be reviewed again in Summer 2018.

### **FOOD POLICY CO-ORDINATOR**

This school food policy and healthy eating strategy is co-ordinated by Mrs Aspinwall, Executive Headteacher and Mrs Cranney, PE Subject Leader.

### **FOOD POLICY AIMS**

**The main aims of our school food policy are:**

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.
3. To ensure our school meets the Government Food Standards for Schools. This will be implemented by adopting a whole school approach in consultation with pupils, parents and staff.
4. To provide food that is nutritious and meets the children's long-term health needs in an environment that is conducive to ensuring that healthy eating in schools is a positive experience for all children and staff.
5. To equip children with the knowledge, skills and attitudes to make informed choices about food as part of a healthy lifestyle.

**These aims will be addressed through the following areas:**

## **1. EQUAL OPPORTUNITIES**

In healthy eating, 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.

## **2. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The wrap around care, Friends 'n' Fun, offer healthy options for breakfast as part of their provision.

### **School Lunches and Friends' n' Fun evening snack**

School meals and Friends 'n' Fun snack are provided by Absolutely Catering and served 12pm – 1pm (school meals) and 4.45pm (Friends 'n' Fun snack) in the school dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

### **Packed lunches**

Packed lunches prepared by the school caterers adhere to the Food Standards for Healthy School Lunches. The standards can be located at <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options.

Packed lunches should aim to include:

- ❖ Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose **wholegrain** where possible.
- ❖ 1 portion of fruit and 1 portion of vegetables or salad.
- ❖ Dairy food such as cheese or yoghurt.
- ❖ Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.
- ❖ Oily fish once every 3 weeks e.g. sardines or salmon.
- ❖ Plain sparkling or still water.

Packed lunches should not include: (this has come from the Liverpool Healthy Schools Team)

- ❖ Sweets
- ❖ Chocolate - including chocolate biscuits, chocolate coated biscuits and chocolate bars
- ❖ Fizzy drinks
- ❖ Flavoured water

There are certain foods that we should not see in school and ask you not to provide for your child because they are not part of our healthy eating policy.

Children are allowed biscuits not covered in chocolate.

In line with school lunches served on the premises, children having a packed lunch are permitted to bring a packed of crisps on a Friday should they wish. (This is because children on school lunches have an option of chips on a Friday.)

### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Fresh fruit and is available to all pupils at morning and afternoon playtime.

### **Drinking water**

The Food Standards for Healthy School Lunches recommend that drinking water should be made available to all pupils every day, free of charge. The school agrees with this recommendation and provides a free supply of drinking water. We have a water supply in all Infant classes and in the junior open area. Children are encouraged to bring a water bottle to school on a daily basis. Water bottle boxes are located in all the classrooms.

### **Free School Meals**

We would recommend all families that may be entitled to free school meals to take up the opportunity. By registering for free school meals, the school will secure additional funding. Liverpool has a simple on line checker for parents/carers to use.

<http://liverpool.gov.uk/schools-and-learning/grants-and-funding/free-school-meals/>

### **3. REWARDS AND SPECIAL OCCASIONS**

#### **Use of food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar, fat or salt, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement are used in school.

Instead of using food as a reward we have the following:

- ❖ Celebration Assemblies.
- ❖ Certificates.

### **4. SPECIAL DIETARY REQUIREMENTS**

#### **Special diets, allergies, diet related disorders**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. We recommend you visit the [www.allergyinschools.co.uk](http://www.allergyinschools.co.uk) website for accurate, reliable information on managing allergies in schools.

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons all pupils are also not permitted to swap food items

Parents will be asked to inform the school if a pupil suffers from any medical allergy, identifying the foods to which she/he reacts and the usual symptoms of the reaction. Pupils with allergies are also identified to kitchen, staff and on the office noticeboards. All staff members will be made aware of the school's medical, and health and safety procedures.

Our catering staff have been trained up to the Food Information Regulations 2014 – Allergen labelling and are on site to discuss any allergenic ingredients that may be in the dishes/recipes. Parents can make an appointment through school to meet our catering manager to discuss allergens or any other medically diagnosed conditions that affect food consumption.

We provide a vegetarian option for children who do not eat meat this is covered through the food standards and non-dairy protein items are included at least three times each week on the menu.

#### **Special diets for religious and ethnic groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices.

## **Vegetarians and Vegans**

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option

## **5. 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 undergo appropriate food hygiene training and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

The school was awarded a Food Hygiene Rating of 5 (Very Good) by [Liverpool City Council](#) during the last inspection which took place on 16th October, 2014.

## **6. EXPECTATIONS OF STAFF AND VISITORS**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Staff are welcome to eat a school lunch and sit with pupils in the dining hall.

## **MONITORING AND EVALUATION**

**Our school lunch provision is independently monitored for compliance with government food standards by a local authority officer, reports following all audits are sent to school for governors and senior leadership team to view.**

We have food available for parents to sample during parents' evenings so that parents can comment and review the food we supply to their children:

Date policy adopted: Autumn 2017

Policy review date: Autumn 2019