



Whole School Food Policy

**At All Saints' We are 'Children of God'.
We wear our crowns with pride.
Together, we are Included, Involved and Inspired**

²⁴ Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. ²⁶ So I run with purpose in every step. ¹ Corinthians 9 v 24-26

Vision Statement

At All Saints' CE Primary School, it is our intent to nurture and develop the whole child, delivering a high-quality education where Christian values are central to the ethos of the school and its teaching.

We are all INCLUDED INDIVIDUALS but here at All Saints' we belong – we had an identity. We worship God together, we are a family, we celebrate our Inclusivity and are respectful of our differences.

We are INVOLVED and INDEPENDENT in our learning, we have a purpose. We aim to be the best that we can be. We always work hard, try our best, ask questions and wonder.

We are INSPIRED and IMAGINATIVE. We want to be life-long learners and successful in all that we do. We have great ideas and imagine a better future that we know we can work towards. We are inspired and want to inspire others too to make a difference in this world.

WHOLE SCHOOL FOOD POLICY

1. INTRODUCTION

Jesus said that he had come to bring “Life in all its fullness”.

At All Saints’ CE School the staff and Governors understand that we work towards this end by giving children the skills they need to make healthy choices which will stay with them throughout their lives.

We are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make. Our school supports the ‘5 a day’ campaign to encourage children to eat at least 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life threatening conditions as well as being helpful in tracking and preventing childhood obesity.

2. AIMS

Our school defines healthy eating as providing the body with well-balanced, nutritional food as this is essential for good health, well-being and effective learning. We aim to do this by:-

- providing a consistent programme of cross-curricular nutrition education that enables pupils to make informed choices without guilt or anxiety
- working in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive, value for money meals that are appropriate to local needs
- working in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each pupil
- involving pupils and parents in all decision making
- promoting healthy and balanced eating by:-
 - encouraging pupils to choose a variety of food to ensure a balanced intake in line with national nutrition guidance
 - encouraging foods which are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products
 - encouraging starchy foods as a source of energy, such as bread, pasta, rice and potatoes, rather than fatty food
 - encouraging fruit juices, lower fat milk and water

3. SCHOOL CATERING

We believe that the subtle messages that pupils receive about food and health from the daily life of school, are as important as those given during lessons e.g. school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits. When providing school lunches the following apply:-

- local preferences are considered within the framework of the recommended School Food Standards (see Appendix 1)

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- theme days are linked to curriculum areas or calendar events
- all children are given a portion of two vegetables as part of their meals and encouraged to try them
- fruit is available as a pudding option
- a choice of meal is available
- parents are invited to some lunches
- a good dining room environment is created and children encouraged to use good table manners
- on induction day, new Foundation aged children and their parents join us for lunch. This encourages them to support the school's catering service, to develop social skills and promote acceptance of a wide range of foods
- good lunchtime behaviour is rewarded in our merit assembly
- packed and school lunches are eaten together in the hall

Packed lunches - information about what these should contain is provided to parents in the Induction pack (see Appendix 2). Packed lunches should include some fruit or vegetable, no sweets and no drink, water being provided by school. Waste and uneaten food is returned in the lunch box so that parents know what has been eaten. N.B. As we have children in school that have nut allergies, we ask that parents do not send nuts or nut products into school for snacks or in packed lunches.

Mid-morning break - government supplied fruit is available to all younger (EYFS and KS1) children, those in KS2 may bring in their own fruit or vegetables to eat.

Drinks - all children are provided with a free water bottle when they join school and may access these at any time. Water is provided to all children at lunch time. All reception class children are offered free milk.

Free Schools Meals - school recognises the particular value of school meals to children from low-income families. Parents are informed of the availability of free school meals and the non-discriminatory process is emphasised. N.B All Children in EYFS and KS1 are entitled to Universal Free School Meals.

Treats and Rewards - children's birthday treats can, with the permission of the class teacher, be given out by the child's parents at going home time for consumption under parental supervision.

4. BEFORE AND AFTER SCHOOL (WACKY-SNACKY) CLUB

This has also adopted a healthy food policy and children choose from a wide range of healthy options.

5. CURRICULUM, TEACHING AND LEARNING

All curriculum areas address aspects of healthy eating. In particular:-

- pupils are given the opportunity to taste, touch, smell and feel a variety of foods
- multicultural aspects of food are explored and linked with school meal theme days

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- school has developed valuable curriculum links with outside agencies e.g. Pizza Express, Waitrose and Tesco
- vegetables are grown in pots and the small garden areas available
- food technology is part of the curriculum for all year groups

6. EQUAL OPPORTUNITIES

At All Saints' CE School, equality is a key principle for treating all people the same irrespective of their gender, ethnicity, disability, religious beliefs/faith tradition, sexual orientation, age or any other of the protected characteristics (Single Equalities Act 2010).

Version Control

Date	Change
April 2008	Policy written and accepted by staff and governors.
February 2011	Policy reviewed and after minor amendments, accepted by staff and governors.
January 2014	Policy reviewed, 1 minor amendment, accepted by staff and governors.
October 2017	Policy reviewed, minor amendments to include reference to School Food Standards and addition of Appendices.
May 2021	Policy reviewed, minor amendments made to reflect current practice.



The School Food Standards

Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children’s diets.

*** This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs**



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*
- No more than two portions of food which include pastry each week*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products*
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week*
- Bread - with no added fat or oil - must be available every day



Healthier drinks*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150 ml)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice



From our Induction pack:

“Packed lunches should always include healthy options, such as fruit and/or vegetables as well as sandwiches etc. Sweets and chocolate bars are not allowed and we recommend only one cake or biscuit as a treat.”

From the NHS website:

Preparing your child's lunchbox

A balanced packed lunch should contain:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit

Starchy foods are a good source of energy and should make up a third of the lunchbox. But don't let things get boring.

Instead of sandwiches, give kids bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

Low-fat snacks for kids

Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers and give them hummus or cottage cheese to dip the veggies in.

Breadsticks and wholemeal crackers are great finger foods that can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit. Vary the fruit each day and get them to try new things, such as kiwi or melon.

Unsalted nuts are a great snack food for children to have at home, but it's best to leave them out of your child's packed lunch. Many schools ban nuts to protect pupils with a nut allergy.

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.