

Food Policy

Baltonsborough CE VC Primary School



Approved by:	Policy Reading Group	Date: July 2023
Last reviewed on:	December 2022	
Next review due by:	December 2025	

Baltonsborough CE VC Primary School - Whole School Food Policy

Autumn 2022

Aims

Baltonsborough CE VC Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. Baltonsborough CE VC staff recognises and is committed to the fact that healthier children learn more effectively.

Contextual Information about the School

Baltonsborough CE VC School has a total of 99 pupils (plus 20 preschool places). We are a rural school in Somerset, 4.5 miles from Glastonbury.

The number of children eating school meals varies daily.

Policy Development

This policy was developed with the input of *the* following people: -

- Headteacher
- Parents
- Governors
- Teaching Staff
- Pupils
- Mid-day Supervisors

Provision of Food

The Eating Environment

- All pupils eat in classrooms and then move into the playground.
- Pupils who eat a packed lunch are encouraged to sit with children who are having school meals
- The tables are such that the children experience a family style meal.

School Meals (lunches)

- Food is provided by Lavender Kitchens.
- These healthy options are promoted at the admissions phase.
- Free school meals are provided for all children in KS1.
- The children are provided with a menu for half a term. This is available online directly from the caterer's website.
- Each day there is a meat and a vegetarian option, a jacket potato choice or a packed lunch.
- Vegan/Gluten Free alternatives can be catered for.

Healthy dessert options are offered, including fruit, yoghurts and a hot alternative.

- Children eat their main meal before dessert and this is monitored by the members of staff present in the classroom.
- Slow eaters go for dinner first and are encouraged by the staff in Key Stage 1.
- Children who eat little or too much food are monitored and encouraged and their teachers and parents are informed.
- Lavender Kitchens are informed about children who have special dietary needs or allergies and this information is also displayed in the kitchen and staffroom.
- The school occasionally has themed days related to a topic or the time of the year such as Christmas and Cultural Week.

New Standards:

Schools must provide:

- Fruit and vegetables: Not less than two portions of fruit and vegetables/salad per day per pupil must be provided; at least one must be vegetables/salad and at least one must be fruit
- Oily fish: Oily fish such as salmon or mackerel must be provided at least once every three weeks
- Bread with no added fat or oil: Bread with no added fat or oil must be provided on a daily basis. Note: Bread does not have to be free, and the amount that must be provided is not specified in the Regulations
- Drinking water: Free fresh drinking water must be provided at all times
- Healthier drinks: Schools must provide only permitted drinks
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Schools must ensure that:

- Salt: Salt is not available to add to food after the cooking process is complete, and is not provided at tables or service counters.
- Condiments: not available
- Snacks: No snacks shall be provided other than seeds, fruit or vegetables without added fat, salt, sugar or honey. Savoury crackers and breadsticks can only be served with fruit, vegetables or dairy food as part of school lunch.
- Meat products: A meat product (manufactured or homemade) from each of four groups may not be provided more than once per fortnight across the school day:
- Group 1: Burger, hamburger, chopped meat, corned meat.

Group 2: Sausage, sausage meat, link, chipolata, and 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 product e.g. nuggets, meatballs.

- Starchy food cooked in fat or oil (e.g. roast potatoes, chips, fried rice) must not be provided on more than 3 days a week, across the school day.
- Deep-fried food: No more than 2 deep-fried food items (including items deep-fried in the kitchen or flash-fried during manufacture) should be provided in a single week across the school day.
- Cakes and biscuits: Cakes and biscuits can be provided at lunchtime.

Schools must provide:

- Fresh drinking water at all times.
- Healthier drinks: schools must provide only permitted drinks

Packed Lunches

- Parents are consulted by a class teacher if lunch boxes do not contain a balanced diet.

Snacks

- Free Milk will be to those pupils entitled to free school meals and all pupils under 5.
- All other pupils are offered the option to purchase milk through the Cool Milk Scheme.
- A range of fresh fruit or vegetables is offered to children in KS1 during morning play.
- Children will be offered a healthy snack in Orchard Club

Drinking Water

- Drinking water is provided in all classes, on tap for children to drink water throughout the day. Pupils are encouraged to bring to school clean plastic bottles from which to drink. Clean plastic cups are provided in Lambrook class.

Curriculum

- The profile of healthy eating is raised through focus on science and DT topics, growing healthy food and cooking activities.
- In EYFS, Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE.
- The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.

Provision for Staff

- Staff are encouraged to eat healthily themselves.
- Staff members can choose to have a school dinner. Some choose to eat with the children.
- Staff have discussions about healthy eating and food policy. This ensures that everyone is part of the process and that opinions of staff, pupils and parents are valued.

Parents

- Information about school meals is shared with parents via newsletters and Baltonsborough CE VC website.
- When parents and visitors come to the school the refreshments provided reinforce the schools healthy eating message, such as fruit juice and fresh fruit.

Other Issues

- Sweets or chocolates for special occasions, such as birthdays, are permitted and each child may consume 1 sweet or chocolate to help celebrate the occasion.
- Multicultural food is encouraged during parties such as Christmas and Cultural Week.
- The use of sweets for rewards is kept to a minimum. Instead, children are rewarded with stickers, praise, visits to other classes to celebrate their work and phone calls home to parents.
- Leftover fruit from Key Stage 1 is given to Key Stage 2 when possible.
- During SATs week all year 6 pupils are offered free healthy breakfast
- A class kitchen has been provided for staff to teach cooking in at Baltonsborough CE VC Primary School.

This policy was reviewed by the Headteacher and Governors in December 2022