



West Norfolk Academies Trust

WHOLE SCHOOL FOOD POLICY

**Reviewed by: Finance & General
Purposes Committee**

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Rationale

- To provide an environment that promotes healthy eating and provides healthy, tasty and nutritious food and drink, enabling students to make informed choices about the food they eat.
- This policy exists to underpin our commitment to helping our students develop healthy eating habits that will continue with them beyond their time within our Trust.
- The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

Food Policy Co-ordinator

This school food policy and healthy eating strategy is co-ordinated by the Director of Education and CFOO.

Purpose

- To enable students to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To review the formal curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and up-to-date.
- To ensure the provision of drinks provided by either the school inhouse catering teams (secondary) or the external catering contractor (Primaries) meet the relevant standards.
- To encourage students to eat more fresh fruit and vegetables by improving the quality of food provision supplied to the school
- To ensure that all teachers with responsibility for the formal food curriculum have basic food hygiene training.
- To ensure that all catering staff are equipped with appropriate skills and knowledge to successfully implement the Government's National Criteria.
- To ensure that all staff who work with food in school have the appropriate level of food hygiene training.

Guidelines

- The school is committed to ensuring that the provision of lunches and other food and drink provided meets the school food standards - Standards for school food in England - GOV.UK (www.gov.uk).
- It is understood that there is no requirement that lunches must be hot meals, however hot lunches will be provided wherever possible to ensure that all students are able, if they wish, to eat at least one hot meal every day.
- Water is available, freely accessible and free of charge at all times on the school premises.
- The external catering provider (Primaries) will have regular monthly update meetings with the Trust to ensure the quality of the provision of fruit, vegetables and the general quality of all food items supplied is maintained.
- A school lunch is provided for students where a meal is requested and either the student is eligible for free school meals, or it would not be unreasonable for lunches to be provided.
- Facilities are provided free of charge for all students to eat the food they bring to school and who are not taking school meals. These facilities include accommodation, furniture and supervision so that students can eat food they have brought from home in a safe and social environment.
- Breakfast club – Where applicable in our schools, the Trust works with in house catering teams to produce a menu of breakfast options at a reasonable cost.
- Food and nutrition is taught at an appropriate level throughout each key stage. The Eatwell Guide is used throughout the school (see appendix 1) as a model of understanding a balanced diet.
- Rewards - The school does not encourage the idea of food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: credits, postcards, letters home, badges, water bottles, key rings, stationery etc.
- Special dietary requirements - the school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.
- 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 students.
- Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the students. Staff are also encouraged to eat a school lunch and sit with students in the dining halls/ allocated eating areas.
- Continual professional development (CPD) – all catering staff have CPD to ensure that they attain a recognised level 2 award in Food Safety.

Please note that for some social or fundraising activities organised by the school exceptions may be made to the general guidance noted above.

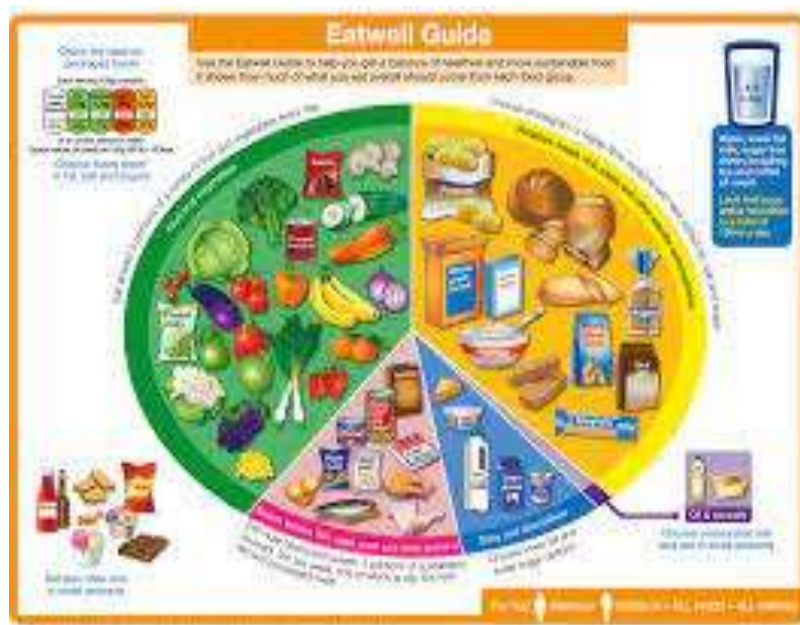
The School Food Regulations do not apply to food provided:

1. At parties or celebrations to mark religious or cultural occasions
2. At fund-raising events
3. For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
4. On an occasional basis by parents or pupils

Appendix 1

The Eatwell guide can also be found here:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf



Appendix 2

National Guidance, a healthy school:

- Has identified a member of the SLT to oversee all aspects of food in school.
- Ensures provision of training in practical food education, including diet, nutrition, food safety and hygiene for staff.
- Has a whole school food policy – developed through wide consultation, implemented, monitored and evaluated for impact.
- Involves students and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating and acts on their feedback.
- Has a welcoming eating environment that encourages the positive social interaction of students.
- Ensures healthier food and drink options are available and promoted at break, lunchtimes and in breakfast clubs as outlined by Food in Schools guidance - Standards for school food in England - GOV.UK (www.gov.uk).
- Has meals, vending machines and tuck shop facilities that are nutritious and healthy (Standards for school food in England - GOV.UK (www.gov.uk)) and meet or exceed National Standards and is working towards the latest DfES guidance on improving school meals service, monitors students' menus and food choices to inform policy development and provision.
- Ensures that students have opportunities to learn about different types of food in the context of a balanced diet and how to plan, budget, prepare and cook meals and to understand the need to avoid the consumption of foods high in salt, sugar and fat and increase the consumption of fruit and vegetables.
- Has easy access to free, clean and palatable drinking water.
- Consults students about food choices throughout the school day using school council.

Appendix 3

The School Food Standards Poster

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1084436/School_Food_Standards_140911-V2.pdf



The School Food Standards

Having a school should be a pleasurable experience, one that gives good food and good nutrition.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrients they need across the whole school day. It is equally important to eat food that looks good and tastes delicious, as well as children being able to see, offer, and sometimes deliver, to other young, and to receive, 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 food across the week. This is to try – whether it is different parts, vegetables, grains, pulses or types of meat and fish. Children like to know the stories behind their food, if it is fresh, sustainable and locally sourced ingredients (that if all, from the school vegetable garden), and tell to their school what they are eating. See www.schoolsfoodstandards.com/learn-to-lead for examples of what other schools are doing to encourage children to eat well.

Having food at the end of the lesson, during breaktimes and during extra-curricular activities, after school, are also important.

All food standards apply across the whole school, that is, including breakfast, morning tea, and afternoon and after school meals.



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 drink containing at least 50% fruit (as an accompaniment) every day
- 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 breaded/coated each week*
- No more than two portions of food which is high in fat each week*
- No more than one portion of crisps, confectionery, and food with no added salt, sugar or fat*
- No more than one portion of food that is high in fat or high in salt as part of a drink every day
- No confectionery, chocolate or chocolate-coated products*
- No more than one portion of crisps, confectionery, and food with no added salt, sugar or fat every day
- No more than one portion of food that is high in fat or high in salt as part of a drink every day
- No more than one portion of food that is high in fat or high in salt as part of a drink every day



Milk and dairy

- A portion of food from this group every day
- Low fat milk and lactose intolerant 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 or those or more than once each week
- One fish once or more every three weeks
- One vegetable, a portion of non-dairy protein or three or more plant each week
- A meat or poultry product, manufactured or home-made, 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 to all school food takers
- No more than one portion of crisps, confectionery, and food with no added salt, sugar or fat
- No more than one portion of food that is high in fat or high in salt as part of a drink every day



Starchy food

- One or more wholegrain cereals (or 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 for at least 10 minutes (as an accompaniment) every day
- Bread* with no added fat or salt must be available every day



Healthier drinks*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Low fat milk or lactose intolerant milk
 - Fruit or vegetable juice from 100% fruit
 - Plain water, still or carbonated with calcium, plus potassium (such as gatorade)
 - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
 - Combinations of fruit juice and water, still or carbonated with calcium, potassium and iron for milk (sweetened or unsweetened)
 - Tea, coffee, hot chocolate
- Combinations of fruit juice and water for milk or plain yoghurt, plain milk, still or carbonated with calcium, potassium and iron for milk (sweetened or unsweetened)
- Combinations of fruit juice and water for milk or plain yoghurt, plain milk, still or carbonated with calcium, potassium and iron for milk (sweetened or unsweetened)

