



ALL SOULS'
CHURCH OF ENGLAND
PRIMARY SCHOOL

Whole School Food
Policy

Reviewed: January 2022
Next Review Date: January 2024

Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school trips and extra curricular events at All Souls CEP School.

At All Souls' CEP School we recognise the important part that a healthy diet plays in a child's well being and their ability to learn and achieve effectively. We believe that the school, in partnership within parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education for maintained schools from January 2015. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, break times and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

FOOD AND DRINK PROVISIONS THROUGHOUT THE DAY

BREAKFAST

Breakfast is an important meal and can provide essential vitamins, minerals and nutrients. The school Breakfast Club is available to all pupils from 7:45 am until 8.30am every school day and is based in the school hall. It is run by members of school staff, who have had training in food handling. Breakfast Club staff promote healthy eating through a variety of activities offered at breakfast club. Each term there is a themed breakfast to allow the pupils to sample new foods and to celebrate diversity.

We offer a variety of different healthy foods. These include:

- Fruit - Fresh fruit, dried fruit, a variety of fruit juices
- Cereals - A selection of cereals that are low in sugar
- Breads - A variety of different breads such as wholemeal, crumpets, pancakes
- Porridge
- Different Toppings for Toast - Honey, reduced sugar jam, marmite, reduced sugar and salt baked beans and spaghetti hoops
- Dairy - Low fat fruit flavour yoghurts, natural yoghurt, scrambled egg, semi skimmed milk

BREAK TIME SNACKS

At All Souls' CEP School we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. All Foundation Stage and Key Stage 1 children are provided with one piece of fruit or vegetables daily as part of the Government scheme. KS2 children can bring fresh fruit or vegetables from home to eat at playtime. Snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds e.g. dietary need, diabetes etc.

SCHOOL LUNCHES

Food prepared by the school catering company 'Whole School Meals' meets the national school food based standards. The food is prepared at Hythe Bay Primary School, and transported in hot boxes to All Souls' CEP. We ensure that the quality of the ingredients

and that the choices of meals are appealing by regular audits of the food and asking the pupils and staff for feedback. In September 2014 the Government introduced Universal Infant Free School Meals (UFSM) for all children from Reception to year 2. The school encourages parents/carers to opt in for school lunches for their children as it can be a great way of ensuring they get a nutritionally balanced meal. Staff work with children to provide a clean, safe, attractive and appropriate dining area. Children are encouraged to be independent during the meal and clearing up after themselves at the end by tidying their plates and cutlery away.

For more information on the school meal provider, the website can be accessed at <http://wholeschoolmeals.co.uk/>

PACKED LUNCHES

Parents are encouraged to provide healthy well balanced packed lunches.

Preparing a balanced child's lunchbox, include:

Starchy foods – these include bread, rice, potatoes, and pasta

Protein foods – including meat, fish, eggs, beans

Dairy item – this could be cheese or yoghurt

Fresh Vegetables or salad and a portion of fruit

A healthy Drink - such as water, milk or 100% fruit juice.

INCLUDE

Minimum of 1 portion of fruit and 1 portion of vegetables everyday

Meat/ Fish and non-dairy protein e.g. pulses everyday

Oily fish at least once every few weeks

Starchy food such as bread, pasta, rice, potatoes

A dairy product milk, cheese and yoghurt

Water or milk (semi-skimmed)

LIMIT

Meat products sausage rolls, pies, sausages etc

Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack

Fruit juice 150mls per day

DO NOT INCLUDE

Salty snacks such as nuts etc

Sweets/Confectionary

Sugary or Fizzy Drinks

Any items containing nuts as we are a nut free school – this includes spreads such as Nutella, cereal bars that may contain nuts etc.

Packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards.

DRINKS

Fresh drinking water is available throughout the day, free of charge. Pupils are encouraged to bring a water bottle every day that they can refill as necessary. Milk is available for all children at break time through the Cool Milk Scheme. This is free for children under 5. To find out more visit <https://www.coolmilk.com/>. No drinks other than water should be brought into school by pupils unless recommended by a doctor for medical needs.

MEDICAL ISSUES

THIS IS A NUT FREE SCHOOL. Foods containing nuts are not permitted. Due to allergies the sharing of food with other children will not be permitted. All Souls' takes allergies and intolerances extremely seriously and updates records annually, liaising with parents and carers to promote our commitment to food in the school curriculum.

SPECIAL EVENTS AND CELEBRATIONS

We want to give children the opportunity to celebrate their birthdays but to promote healthy eating choices we would ask that parents and carers do not send in birthday cakes or sweets. If parents want to bring something in to celebrate birthdays we would ask that healthy foods such as fruit or non food items such as stickers, a special book for the class or colouring pencils are considered as alternatives. At Christmas, end of the school year etc. classes may have a class party in which food is brought in by parents. We will provide a balance between treat foods and healthy fruit and vegetables at these times.