



St Mary's Bryanston Square CE Primary School

Whole School Food Policy

September 2023

Whole School Food Policy

1. Purpose of Food Policy

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

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. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

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, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021)
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists, portion sizes and allergy information (updated 2021)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

For **maintained nurseries and nursery units** attached to primary schools there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for maintained nurseries and nursery units' whole milk, rather than lower fat milk, may be provided. Children under 2 years should only be offered whole milk. Fresh clean free drinking water should also be available for children every day. Very young children in nursery should use a free-flow cup for drinking. Staff should also be aware of serving appropriate portion sizes for children and encourage them to stop eating when they are full.

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the 'Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings'. For more information please refer to:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

For children aged under 5 years, schools should ensure they access free foods and drinks where available to support younger children, who have slightly different energy and nutrient needs such as the free fruit and vegetable scheme, and access to free milk.

Support is accessed / available to support with this:

- Free school meals in London <https://tinyurl.com/London-Mayor-Free-School-Meals>
- School Milk Subsidy Scheme – Milk at a reduced cost
<https://www.gov.uk/government/collections/the-school-milk-subsidy-scheme-guidance>
- Nursery Milk Scheme – For children under the age of 5 years to receive a portion of milk free of charge daily (1/3 pint) <https://www.nurserymilk.co.uk>
- Free fruit and vegetables via the School Fruit and Vegetable scheme (SFVS) for children aged 4 to 6 years (outside of lunch provision) ensuring you avoid dried fruit which is not a suitable snack <https://assets.nhs.uk/prod/documents/SFVS-factfile-2017.pdf>

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://foundationyears.org.uk/files/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served between 8am and 8.45am daily and are provided by the breakfast club lead.

We provide the following foods/drinks at breakfast

A selection of fortified low sugar cereals. We mix plain cereal with wholegrain varieties to reduce overall sugar content. We offer porridge and other high fibre cereals.

- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread e.g. low fat spread, low fat soft cheese, chopped egg, cooked or cold tomatoes or mushrooms, cucumber, beans, banana,. We offer reduced sugar jam occasionally.
- Semi-skimmed milk for drinking or with cereal and low fat (and lower sugar) dairy products such as yoghurt (lower in fat and sugar, plain and unsweetened) or cheese.
- fresh drinking water

Schools cannot provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit should not be offered as a snack, and should only be offered at mealtimes within a meal/dessert. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

- For more information on snack guidelines for schools please refer to:
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

For more information on snack guidelines for schools please refer to:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that each snack for 1-4 year olds includes:

- A starchy food e.g. toast, pitta bread, rice cakes. With a variety of at least 3 different varieties of starchy food across snack each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary

- Beans, pulses, fish, eggs, meat or other protein may be provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 38 and 39: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Provide details of how snacks are organised at the school:

- Children in all year groups are able to have a snack during their mid-morning break, as well as after school when attending an afterschool club.
- The school provides free daily fruit for children in Nursery – Year XX. Water is available for all children throughout the day. Milk is on offer for children from Nursery to Year 2.
- Snacks brought in from home, should only be fruit.
- Any children with allergies or special diets, parents must inform the school of these dietary requirements.

2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is served between 11.30am and 1.00pm. It is provided by: Harrison Catering - <https://www.harrisoncatering.co.uk/>

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2. In Westminster all children in Nursery to Year 6 are provided with Free School Lunches.

All of our school lunches:

- the quality of ingredients for lunches
- that the choice of meals is appealing and meet the needs of the pupils
- that parents / carers are encouraged to opt for school lunches for their children
- that the lunches meet the statutory school food standards. This is especially important if you have a different company / member of staff providing the food and drink for breakfast and after school clubs to the company providing lunches. The food provided at school needs to be considered across the whole school day. For example, children are only allowed 150ml of fruit juice once per day. If your lunch time catering company provides fruit juice at lunch and your breakfast and afterschool club provider provides it with breakfast, you will not be meeting the

statutory standards. Both providers need to work together to ensure the statutory standards have been met.

- that the lunches provided address cultural, religious and special dietary needs including food allergies and medical conditions
- that you have adapted the lunches for 1-4 year olds to meet the Eat Better Start Better guidelines

Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that lunches include:

- One lunch that only uses pulses or meat alternatives as the protein source for all children
- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much.
- Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

For information on lunch guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 40 and 41: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

2.5 After school clubs

For information on the school food standards for after school clubs please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Children should bring their own snack, as per this policy, for after-school clubs.

Schools cannot provide the following foods for after school club

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for children at least once a day in addition to before and after school clubs. This is free of charge for all children.

Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that, milk must be lower fat. You may choose to offer lower-fat milk (e.g. semi skimmed milk) from the age of 2 years, providing the child is growing well.

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water only' school for all children of reception age and older (this is optional but recommended) and following the toolkit below.

<https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

3. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Healthy Schools Lead
- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors
- Person responsible for budgeting

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision.

The group that represents our pupils is called (enter name of group e.g. the School Council. We actively encourage children from different backgrounds to join this group.

4. Food and Drink brought into school and parent engagement

4.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:
- Minimum of 1 portion of fruit and 1 portion of vegetables everyday - Meat, poultry, fish and non-dairy protein e.g. pulses - Oily fish at least once every few weeks (e.g. sardines, salmon) - Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties - A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified - Water or milk (semi-skimmed or skimmed).

LIMIT:
- Processed 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: no more than 150mls per day (restricted to children aged 5+)

DO NOT INCLUDE:
- Salty snacks such as crisps, nuts etc - Sweets and chocolate - Sugary soft drinks

For more information and practical tips for children aged 5 years and above:
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
A portion of dairy or an alternative (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
Desserts, cakes, biscuits and crisps	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
A drink	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

For more information and practical tips for children aged 1-4 years old:
https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf

- The school website provides ideas for healthy packed lunches and links to websites to support this.
- Members of the staff team monitor the food which comes into school in packed lunches and will ensure this meets the requirements as set out in the policy.
- All pupils eat together in the lunch hall.

5. Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where there can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to: <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to: <https://www.healthystart.nhs.uk>

6. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead we encourage the following:

- The school encourages healthy options of food choices at all events and will consistently promote this. On a few occasions, such as the summer and Christmas Fair, small snacks and treats such as sweets will be permitted.
- Birthday celebrations are held each Thursday in school, where children who have celebrated a birthday that week are called up and the whole school sing happy birthday. Parents are welcome to provide, small, non-expensive treats after school to children. These should be healthy snacks or treats, such as fruit kebabs or plain cupcakes.
- For events where parents are donating food items, the school will provide a list of requirements, such as allergens not to include and also the request for healthier options.

7. Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these. Our school admissions pack includes forms for our catering company which will request information relating to requests related to:

- Religious and ethnic groups
- Vegetarians and vegans
- People with food allergies and intolerances ([guidance here](#))
- People with medical conditions where dietary needs are impacted

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid / Paediatric First Aid
- Adrenaline / anaphylactic shock training

8. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- All children eat in the dining hall, supported by adults across the school.
- There is a calm and relaxed environment in the hall space with children from Nursery to Year 6 using the space.
- Children from Reception can independently access their own drinking water and salad.
- All children must have salad and two portions of vegetable on their plate each day to help encourage exposure to new foods and encourage them to try these items.
- Staff gently encourage all children to try new foods and will use verbal praise and stickers as rewards.
- In the EYFS, snack times are clear social times, helping children to work together, make healthy choices and learn from one another. Staff model and expect good manners and promote safe and appropriate ways to eat.

9. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- The Art Room is a space which is used for whole class cooking. The flooring and tables are suitable and sufficient for the children to use equipment and for cleaning. All equipment and utensils needed for cooking are stored in the cupboard in this space.
- All equipment is washed and cleaned after use and on a half termly schedule.
- All Teaching Assistant hold Food Safety certification, supporting the use and handling of food in lessons and before and after school club activities.
- Additional food safety measures for younger children is understood and adhered to <https://help-for-early-years-providers.education.gov.uk/safeguarding-and-welfare/food-safety>

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

Provide details of how food, cooking, food growing, and nutrition education is taught in your school including how you:

- Through our science, design technology and PSHE lessons food, cooking and nutrition is taught to children across all phases. This can be as simple as developing our snack time in EYFs and naming fruits, to exploring tastes in Year 1 science and then finally developing to planting and growing across all year groups.
- Within wider curriculum subjects we make appropriate links to support children's understanding, for example in Year 6 Geography unit of Trade and Economy, children learn about foods which are imported to the UK and the travel it takes. This is then explored across climates and seasonality.
- Teaching is mainly led by class teachers through the outlined curriculum, though will be enhanced by visits to the market in EYFS or having specialists come into school to deliver workshops.
- All staff are fully aware of the school policies related to food and handling food. They promote actively through a whole school approach, healthy eating and a positive, active lifestyle.
- Monitoring of learning happens on a termly basis and is completed by subject leads and the Senior Leadership Team.
- Nursery use food on a regularly basis to ensure children are developing their tastes and being introduced to wider food groups. We link this in to trips and visits, understanding the world around us. New snacks (fruits and vegetables) are introduced regularly. Literacy is used to support this, for example Tom's Soup.

11. Extra-Curricular Activities

We have arts and crafts club and a gardening club, which all take place after school enhancing the curriculum from the school day.

Children in these clubs have the opportunity to make and create different healthy recipes to the ones in the school curriculum. Gardening club work to maintain and support the growing of fruit and vegetables in the school garden.

All children who are eligible to free school meals are supported to access all aspects of school life, through subsidy should this be required.

12. Monitoring and Evaluation

- This policy will be evaluated and reviewed every two years with all stakeholders.

- All of our policies are shared on the school website and will be promoted and shared via our Family Updates. The food policy will be shared with the Friends Association and for all parents leading events at school.

13. Policy Review

Policy Implementation Date: September 2023

Next Review Date: July 2025

Signed: L. Duffy

Date: July 2023