

**HINTON ST GEORGE  
CHURCH of ENGLAND PRIMARY SCHOOL**

**'Let Your Light Shine'**



**Whole School Food Policy**

**Review Date:** January 2022

**Frequency of Review:** Every two years

**Next Review Date:** January 2024

Signed \_\_\_\_\_

**Chair of Governors**

## **Hinton St George C of E Primary School**

This Policy should be taken and used as part of Hinton St George Church of England School's overall strategy and implemented within the context of our vision, Instrument of Government aims and values as a Church of England School.

This Policy statement has been formally adopted by the governing body, in consultation with the headteacher, and will be reviewed at the date given on the cover page.

## **Hinton St George C of E Primary School Whole School Food Policy**

### **Ethos Statement**

The Christian foundation of the school ensures that the spiritual development of the children and Christian values have a particular emphasis within the whole life of the school. In accordance with the principles of the Church of England and in partnership with the Church at parish and diocesan level, we aim to develop within our children not only an awareness of self and sensitivity to others, but also the acquisition of a set of moral values and the confidence to make moral judgements and develop habits of self-discipline and acceptable behaviour. The school aims to serve its community by providing an education of the highest quality within the context of Christian belief and practice.

Hinton St George Church of England Primary School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

### **Our aims**

- ensure that healthy food and drink is provided at all times of the day that responds to statutory guidance in relation to nutrition;
- meet the stipulated Food Standards detailed within the Requirements for School Food Regulations 2014;
- be allergy aware and make the ingredients within dishes known to students;
- ensure that we are giving consistent messages about food and health to students;
- provide our students with the information they need to make healthy choices;
- promote health awareness;
- contribute to the healthy physical development of all members of our school community.

### **Food and Drink provision throughout the school day**

#### ***Breakfast Club***

A range of breakfast options are available for children. Parents are consulted regarding any specific dietary requirements. Food is prepared in the school kitchen/designated area in the school hall and all staff have the required food hygiene certificates.

#### ***Lunchtimes***

All our school meals are provided by our contracted caterer based at Wadham School. Lunch includes a daily choice of fresh fruit and vegetables and meets the Nutritional Standards for School Lunches set out in the DFE Requirements for School Food Regulations which came into effect from January 2015. We are also actively supporting the entitlement for all children in KS1 and Early Years to a free hot school dinner which came into effect September 2014.

*See Appendix 1: Requirements for School Food Regulations 2014.*

#### ***Packed lunches***

The school encourages parents and carers to provide children with packed lunches that complement the National Nutritional Standards for Healthy School Lunches.

#### ***Water***

Water is freely available throughout the school day to all members of the school community.

#### **Food Education in the Curriculum**

Food and nutrition are taught at an appropriate level throughout each key stage.

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers planning meetings.

**Teaching and learning may include use of the following:**

- Art: e.g. observational drawings of food, and a healthy eating poster design.
- Design and Technology: e.g. cooking, designing tools.
- Geography: use food as a case study of Fair Trade and global inequality. Food as part of local topics investigating the impact of farming.
- History: e.g. past diets, new food discoveries.
- Information Technology: e.g. recording results of a food survey.
- Maths: measures, calculating the volume of liquids and the mass of ingredients in a recipe.
- Physical Education: e.g. learning how exercise and healthy eating can prevent obesity and heart disease.
- Science: provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.
- R.E: provides the opportunity to discuss the role of certain foods in the major religions of the world. Students experience different foods associated with religious festivals.
- PSHE: encourages young people to take responsibility for their own health and wellbeing and teaches them how to develop a healthy lifestyle, addressing issues such as body image.

**Visits and visitors in the classroom**

Hinton St George Church of England Primary School values the contribution made by visitors and visits in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors during visits or in the classroom reflect our own philosophy and approach to the subject. The status of visitors is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

**Special dietary requirements*****Special diets for religious and ethnic groups***

The school provides food in accordance with pupils' religious beliefs and cultural practices.

***Vegetarians and vegans***

School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

***Food allergy and intolerance***

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

**Partnership with parents**

The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example.

Parents are regularly updated on students' issues including a healthy lifestyle through our various newsletters. Menus are published for parents on our website.

**Food and Hygiene Inspections**

We are inspected by South Somerset Environmental Health Department.

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

**Monitoring and evaluation**

Children are actively involved in reviewing school meals and the Governors are informed on a termly basis about the provision of school food by the Headteacher through her termly report.

## **Appendix 1 Requirements for School Food**

### **Food Groups – Schedule 1**

#### **A. Starchy food (subdivided as shown)**

A1: All types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.

A2: All types of bread with no added fat or oil.

#### **B. Fruit and vegetables (sub-divided as shown)**

B1: Fruit of all types, whether fresh, frozen or dried.

Fruit canned in water or juice.

Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients).

B2: Vegetables of all types, whether fresh, frozen or dried.

Vegetables canned in water or juice.

#### **C. Meat, fish, eggs, beans and other non-dairy sources of protein**

Meat and fish (in each case whether fresh, frozen, canned or dried), eggs, nuts, pulses and beans, other than green beans.

Other non-dairy sources of protein.

Any food containing meat together with food from groups A, B or D.

#### **D. Milk and dairy (subdivided as shown)**

D1: Lower fat milk and lactose reduced milk.

D2: Cheese, yoghurt (including frozen), fromage frais and custard.

#### **E. Drinks (sub-divided as shown)**

E1: Plain drinks:

Plain water (still or carbonated).

Lower fat milk or lactose reduced milk.

Fruit juice or vegetable juice of no more than 150mls per portion.

Plain soya, rice or oat drinks enriched with calcium.

Plain fermented milk drinks.

E2: Combination drinks of no more than 330mls per portion:

Combinations of fruit juice or vegetable juice with—

(a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150mls, and may contain vitamins and minerals;

(b) lower fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey;

(c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.

Combinations of lower fat milk, lactose reduced milk, plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the lower fat milk, lactose reduced milk,

### **School Lunch Requirements – Schedule 2**

#### **Starchy food**

1. One or more portions of food from sub-group A1 must be provided every day.

2. A type of bread from sub-group A2 must be available every day.

3. Three or more different foods from sub-group A1 must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

4. One or more of the portions of food from sub-group A1 that is provided every week must be wholegrain.

#### **Fruit and vegetables**

5. One or more portions of food from sub-group B2 (vegetables) must be provided every day.

6. One or more portions of food from sub-group B1 (fruit) must be provided every day.

7. A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided two or more times every week.

8. Three or more different foods from sub-group B1 (fruit) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

9. At least three different foods from sub-group B2 (vegetables) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.

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

10. A portion of food from group C must be provided every day.

11. A portion of meat or poultry must be provided on three or more days every week.

12. Oily fish must be provided once or more every three weeks.

13. A portion of non-dairy sources of protein must be provided on three or more days every week.

#### **Milk and dairy**

14. A portion of food in sub-group D2 must be provided every day.

#### **Foods high in fat, sugar and salt**

15. Savoury crackers or breadsticks which are served with food groups B or D may be provided as part of a school lunch.

Fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.

Flavoured lower fat milk, flavoured lactose reduced milk or flavoured soya, rice or oat drinks, in which case the lower fat milk, lactose reduced milk, soya, rice or oat drink must be at least 90% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.

Tea and coffee.

Hot chocolate which may contain vitamins, minerals and less than 5% added sugars or honey.

### **Requirements For Food Provided As Part Of A School Lunch Or Otherwise – Schedule 3**

#### **Starchy food**

1. Food from sub-group A1 which is cooked in fat or oil must not be provided on more than two days each week.

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

2. (1) Subject to sub-paragraph (5), meat products may not be provided more than once each week in primary schools and twice each week in secondary schools, and where they are provided they must be provided in accordance with this paragraph.

(2) Any shaped product comprising a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Products Regulations may only be provided if it complies with the meat content requirements for "Burger" in that Schedule.

(3) No meat product shall be provided if it contains any carcase part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception in regulation 6(3) of those Regulations.

(4) No economy burgers as defined in Schedule 2 to the Meat Products Regulations may be provided.

(5) In respect of boarding schools, meat products may not be provided more than twice each week as part of a school lunch, and where they are provided (whether as part of a school lunch or otherwise) they must be provided in accordance with sub-paragraphs (2) to (4).

#### **Foods high in fat, sugar and salt**

3. No more than two portions of food that has been deep-fried, batter-coated or breadcrumb coated may be provided each week.

4. No more than two portions of food which includes pastry may be provided each week.

5. (1) No snacks may be provided, except for nuts, seeds, vegetables and fruit with no added salt, sugar or fat.

(2) Where dried fruit is provided it must have no more than 0.5% vegetable oil as a glazing agent.

6. Confectionery must not be provided.

7. Salt must not be available to add to food after the cooking process is complete.

8. Condiments may only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.

#### **Drinks**

9. The only drinks that may be provided are those in group E, except that whole milk may be provided for pupils up to the end of the school year in which they attain the age of five.