



Thriftwood

Specialising in Business & Enterprise

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# Whole School Food Policy

January 2019

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## Introduction

Thriftwood is dedicated to providing an environment that educates pupils about healthy eating and supports pupils in making informed choices about the food they choose to eat. This whole school approach to food and nutrition reflects our commitment to promoting a healthy lifestyle and improving the life chances of our pupils.

The School Food Standards 2015 provide the basis for the nutritional principles in this policy.

## Aims

The main aims of our school food policy are:

- to enable pupils 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 ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors
- to reinforce appropriate messages relating to food and nutrition, ensuring consistency between the curriculum and food provision
- provide parents/carers with information on and involvement with aspects of food in school

We aim to do this by:

## **1. EQUAL OPPORTUNITIES**

In healthy eating, as in all other areas of the curriculum, we aim to create a fair, just and inclusive learning environment which has equality of opportunity as its cornerstone.

## **2. CURRICULUM**

Food and Nutrition is taught at an appropriate level throughout each key stage and has links with other areas of the curriculum such as PSHE, Religious Studies, Topic, Science and Key Skills.

Effective teaching supports pupils in developing their understanding of healthy eating issues and the appropriate skills and attitudes to assist them in making informed decisions.

Teaching methods offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. We will also use Learning Outside the Classroom opportunities including growing, harvesting, handling, tasting and cooking food.

### **Leading by example**

The teachers, support staff, catering staff and parents have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. All staff are aware that children within the school environment may observe their food choices during school hours and we aim to lead by example.

## **3. FOOD & DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

### **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a meal for identified pupils before the school day. The breakfast menu includes milk, fruit juice, toast and cereals.

### **School Food Standards for School Lunches**

Food prepared by the school catering team meets the School Food Standards 2015.

Menus are made available to parents/carers and pupils and are published on the website.

### **Break-time Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school actively discourages the consumption of snacks high in fat and sugar at break-time. To achieve this the school provides fresh fruit for KS1/2 pupils and supports parents in suggestions for healthier snacking.

### **Use of food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic/other achievements.

Special events such as reward trips to restaurants or food events related to curriculum enrichment may take place at intervals, and will consider the learning opportunities that may arise around healthy choices.

### **Drinking Water**

The school has several water fountain machines to support healthy consumption of water throughout the day. Pupils are encouraged to bring fresh water daily in a bottle and younger pupils may each have a cup in class.

## 4. FOOD & DRINK BROUGHT INTO SCHOOL

### Packed Lunches

Packed lunches prepared by the school caterers adhere to the School Food Standards 2015.

The school encourages parents and carers to provide children with packed lunches that complement these standards. Sweets, crisps and chocolate in children's pack lunches are discouraged and parents are asked to support our aim of being a nut-free school (due to allergies).

Advice suggests that a balanced packed lunch should contain:

- *Starchy foods – these are bread, rice, potatoes, pasta, and others*
- *Protein foods – including meat, fish, eggs, beans, and others*
- *A dairy item – this could be cheese or a yoghurt*
- *Vegetables or salad, and a portion of fruit*
- *A drink of water, milk/yoghurt or fruit juice*

*Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches, give kids bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread. Source [www.NHS.uk](http://www.NHS.uk)*

### Parent Food Offerings:

Parents who would like to offer sweets or cake such as a birthday treat for the class, will need to inform the class teacher in advance so that they can be sensitive to the dietary requirements of our community. These will be offered at the end of the day to be taken home.

## 5. SPECIAL DIETARY REQUIREMENTS

### For religious and ethnic groups

The school aims to provide food in accordance with pupils' religious beliefs and cultural practices. To support the school, we ask that parents contact the school office. All staff will be made aware of pupils' needs through class risk assessments.

### Vegetarians and Vegans

School caterers offer a vegetarian option at lunch every day.

### Food Allergy and Intolerance and Supplements

All staff will be made aware of pupils' allergies through class risk assessments. Where necessary, risk management plans will be created. These document symptoms and adverse reactions and actions to be taken in an emergency. Adaptations are also made for pupils with other needs such as supplemented diets. Semi-skimmed milk is available at lunchtime for all pupils having a school meal.

## 6. FOOD SAFETY

We follow the Food Standards Agency's Safer Food, Better Business guidelines. The School Catering Manager has Level 3 Food Hygiene and Catering Assistants have Level 2. The school kitchen currently has a 5/5 rating. We offer Level 2/3 Food Hygiene to staff as appropriate.

## **7. FOOD & THE EATING ENVIRONMENT**

The school provides a welcoming eating environment that is appropriate to the students that use it. Staff support pupils in their food choices and with table manners.

### **Monitoring and Evaluation**

Pupil and parent views on school food/lunches and the environment are gathered through surveys, discussions and School Council. School food choices are monitored and incorporated into menu planning. Discussions with caterers, pupils, parents and staff support the development of menus. Staff and pupils will review this Whole School Food Policy in two years.