

<b>WHOLE SCHOOL FOOD POLICY</b>
<b>ABBOTSWOOD JUNIOR SCHOOL</b>
<b>Approved by SLT:</b>
<b>Date ratified: 22.06.2021</b>
<b>Review date: 22.06.2024</b>

## 1 RATIONALE

As a school, we have always prided ourselves in providing the best education to your children, within available resources, whilst attending our school. We wish to extend this ethos by promoting healthy eating patterns to our children and by taking a more pro-active approach to improving the health and wellbeing of our pupils.

This policy covers the following:

- School meals
- Lunch boxes
- Food consumed at break time in the morning
- Food provided at the school, other than school meals e.g. Breakfast Club, After School Club
- Healthy eating, as part of the curriculum
- Extra curriculum activities, such as cookery clubs, etc

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

**Because children at our school have allergies to nuts, the school will not allow anything containing nuts or nut products on the premises at any time.**

## 2 AIM

To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school.

## 3 OBJECTIVES

### 3.1 Our Catering Team/New Forest Child Care (before/after school club)

3.1.

The lunches provided by Hampshire Caterers (HC3S) meet the nutritional standards for school

1

meals. We offer the following food groups as part of the school meal:

<b>Food Standards</b>	
Breakfast (New Forest Child Care)	Cereals, toast, butter, jam, squash, semi-skimmed milk, fruit.

Mid-morning break	Fresh rolls cooked on premises, fruit pots, fruit juice, raisins, bottled water (chilled), chocolate flavoured milk and plain milk.
Dinners Fruit and vegetables	Not less than 2 portions which is salad and vegetables.
Fish	Once a week which is approved by the MSC. The MSC is a registered charity seeking to find solutions to the global problem of over fishing. The key mechanism for doing this is a certification programme for sustainable fisheries. Fisheries that pass this assessment can use the MSC eco-label on products. This gives consumers a simple way to identify sustainable seafood. MSC Marine Stewardship Council.
Deep fried products	<b>No</b> food is deep fried
Processed foods	<b>No</b> food which has been reformed/reconstituted foods made from "meat slurry" are used.
Confectionery and Savoury Snacks	Not available at any meal times.
Salt/highly salted condiments	Not available at any meal times.
Drinks	The only drinks available are water, bottled water, pure 100% fruit juices. Milk is semi skimmed, or chocolate flavoured milk.
Water	Easy access to free water
We use free range eggs from local farmers, and our meat from Hampshire Farmers. MSC = Marine Stewardship Council. VSA = Vegetarian Society approved.	

### 3.3 Our curriculum will continue to include work associated with healthy balanced diets in its curriculum

As part of the work that children do for science, maths and for PDL (Personal Development Learning) and Design Technology, our children will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How to measure and weighing for recipes
- About food in history

Children are not rewarded with sweets so that they do not equate food with rewards.

### 3.4 The school will provide information on healthy foods that should be included in lunch boxes from home

The school recognises the benefits of a well balanced hot school meal for children, in the middle of the day, and would recommend to parents that this is the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

### **A child's lunch should include the following:**

- A portion of starchy food, e.g. wholegrain roll/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk

### **The school requests that parents do not include the following items in packed lunches:**

- Fizzy drinks/sugary drinks
- Any food containing nuts

### **We would recommend that parents do not include**

- Sweets (including Winders), chocolate, etc.
- Crisps or cakes high in salt, fat or sugar.

Parents are advised to include an ice pack in their child's lunch box. Food products, prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to children.

We recommend that at morning breaktime, children **only** eat fruit, vegetables, dried fruit or a bread roll. These are available from our Tuck Shop.

### **3.5 The school will provide a safe and healthy eating environment for pupil, staff and visitors having lunch in the school**

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- All children are required to sit at a table for at least 10 minutes, in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day
- Midday supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- If children are unsure of what the meal, or any meal item, is, they can ask the kitchen team or midday supervisory assistant to explain
- The kitchen team and midday supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition.