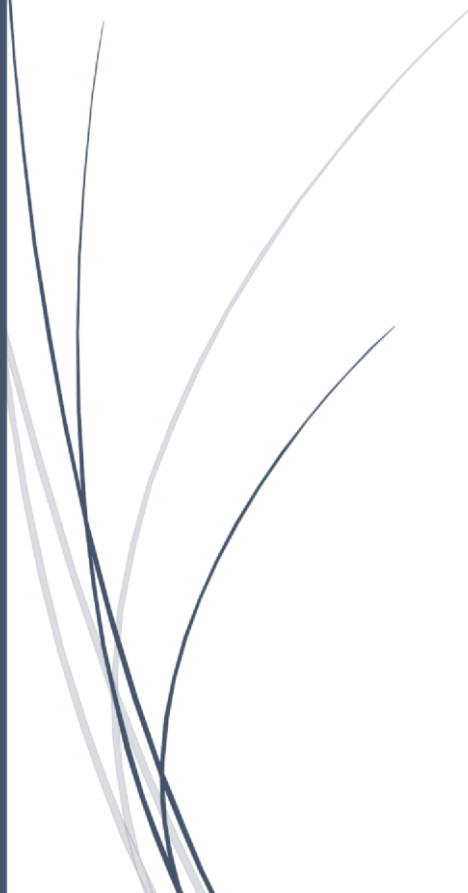


Date: 9/24
Review: 9/26

Rush Green Primary School



Food Policy



Rush Green Primary School Food Policy

At Rush Green Primary School we understand the importance of healthy eating and the pupils' education. We are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition which is documented in this food policy.

The policy was formulated through consultation between members of staff, governors, parents and pupils.

KEY CONTACTS:

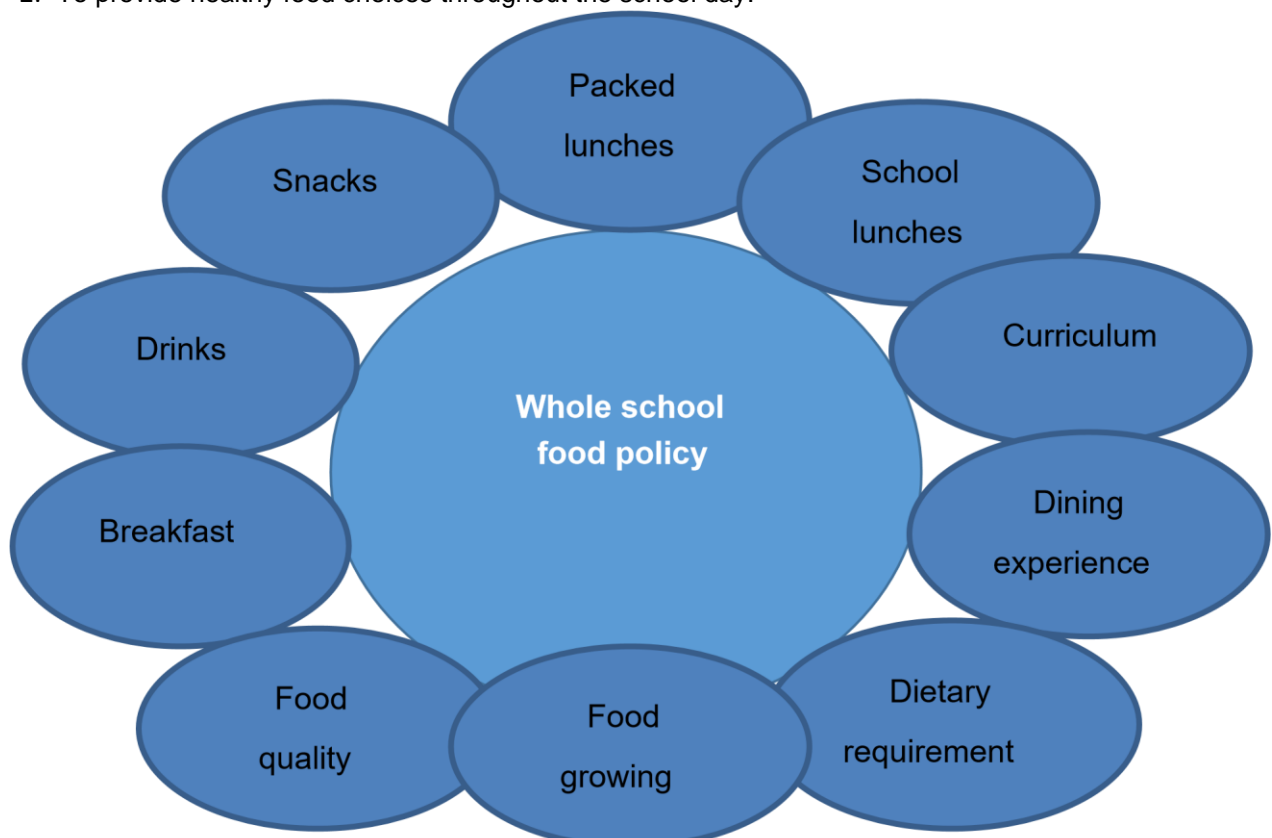
SLT Member responsible for food: Mr T Irving

Teaching Staff: Miss S Dunne and Miss A Mc Donagh

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.



1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

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, and after school clubs.

The standards do not apply to:

- *Fund raising events*
- *Rewards for achievement, good behaviour or effort*
- *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/EatBetter-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>

BREAKFAST

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals. At Rush Green Primary School we offer a breakfast club.

RGPS Healthy breakfast menu: to be confirmed when we update menu report

- a variety of different low sugar breakfast cereals;
- brown bread for toast;
- a variety of different fruits and vegetables;
- water

SNACKS

As part of the School Food Standards, schools are only able to provide fruit and vegetables 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 processed fruit bars, nonchocolate 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>

Nursery

Fruit and vegetables are available for nursery children all day.

Reception and KS1 children

The National fruit and vegetable scheme entitles all children in Reception and KS1 to one piece of fruit and/ or vegetable per day. There is also water available at all times throughout the day. Children in Reception, Year 1 and Year 2 are not allowed to bring in a snack, or any drink unless it is still bottled water.

KS2 children

Children in Years 3 to 6 are advised to bring a snack into school. There are strict rules on what this snack may consist of. The following has been agreed by a working party involving pupils, staff, parents and governors.

Children are allowed to bring in;

- fruit
- vegetables
- bottles of water

This has been agreed to ensure that all snacks are healthy and well balanced and that this approach is consistent across the school.

SCHOOL DINNERS

In September 2024 the Government introduced universal free school meals for all primary aged children.

All our lunch menus, provided by BDTP include a range of healthy, quality ingredients and we ensure to make the choice of meals appealing for all pupils. All our lunches address cultural, religious and special dietary needs including food allergies and medical conditions.

We try our very best to encourage parents/carers to opt for school dinners for their children, as it can be an easier way of ensuring they get a nutritionally balanced meal. The school receives additional funding for children who are entitled to free school meals, however some parents will still need to apply.

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 further 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>

Next Steps: increase the uptake of school meals across the whole school, in line with the entitlement of free school meals for all.

AFTER SCHOOL CLUB

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

We serve the following food at our After School Club:

- Daily toasts/sandwiches with fillings ○ Cheese ○ Chicken
- Alternate hot foods as follows ○ Tuna pasta ○ Scrambled egg
 - Low sugar and low salted Baked beans/spaghetti hoops on toast, including wholemeal
- Sweets/desserts ○ Fresh fruit
- Drinks ○ Fresh Water

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.*

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 breakfast and at lunchtimes. This is provided free for all nursery and YR pupils and all our Pupil Premium pupils. For all other pupils they can access milk daily and there is a charge of £10.00 per half term for this.

Other than provision once per day of milk, as required by the School Food Standards, we are currently operating as a 'water only' school 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 squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

Next Steps: Increase the number of water fountains around the school.

MENU DEVELOPMENT AND CONSULTATION

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

- Healthy Schools Borough team
- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors - School Governors

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision through consultations with all pupils through the School Council. We actively encourage children from different backgrounds to join this group.

2. FOOD AND DRINK BROUGHT INTO SCHOOL

PACKED LUNCH

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 or 100% fruit juice.

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

Our healthy packed lunch guidance is on the website and regular reminders are included in parent newsletters

3. **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/foodfacts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not allowed in school time at any time (excluding school lunches)

On school trips, pupils bring healthy packed lunches in line with the guidance

4. 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 selfconfidence. Food and nutrition are taught at an appropriate level throughout each key stage and monitoring of the pupils learning to carried out by the subject lead.

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. Cooking and nutrition is taught across each key stage in PSHE, science and DT.

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-designand-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>

Next Steps:

Provide further extra-curricular activities that provide continued learning around leading a healthy lifestyle for example gardening clubs/cooking club.

5. SPECIAL DIETARY REQUIREMENTS

Religious and ethnic groups

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

Vegetarians and vegans

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

Food allergy and intolerance

We are aware of food allergies, intolerances and other dietary requirements of children and have procedures in place to identify and manage these. 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.

Staff have completed training in first aid and in adrenaline/anaphylactic shock, to enable them to manage food allergies, intolerances and dietary requirements

5. 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:

- Children line up quietly and enter the hall in small groups
- Children sit together at large tables in class groups with school meals and packed lunches seated together
- The menus are displayed and posters are displayed for special events
- Posters of healthy foods are around the room
- Music is played during lunch times
- Staff are encouraged to eat with the pupils, particularly during special days/events including Christmas

Next Steps:

- Improving the displays in the canteen.
- A sound system to play background music to try and help lower the noise levels.
- A quieter eating area for those that find it too loud in there.
- Introduce a snack area in the playground where children are seated.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:

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

- We provide safe and hygienic facilities to prepare and store all our food
- We complete regular staff training and ensure that risk assessments and hazards are identified.
- We ensure 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.
- Catering staff food have completed Level 2 food safety certification
- Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.
- 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>

MONITORING AND EVALUATION

SLT, School Governors and the Healthy Schools lead monitor and review this policy, including all menu provision every two years

Effectiveness of the policy will be assessed through:

- feedback from staff, pupils and parents
- review of the policy by SLT and governors to determine if objectives have been met and to identify barriers and enablers to ongoing policy implementation.

Please note that in cases where snacks are brought into school which do not coincide with our policy they will be confiscated by a member of staff and returned to your child at the end of the day.

Sharing the policy

A copy of this policy has been sent out to all parents and it is also available on the school website.

Parents new to the school are expected to read this document before their child starts.