



St Peter's Eaton Square CE Primary School

Whole School Food Policy

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This policy was written in consultation with staff, pupils, parents and governors.

1. School Background Information

1.1	Type of School	Primary
1.2	Member of Healthy Schools Scheme since	14 th July 2014
1.3	Member of Healthy Early Years scheme since	Application in process
1.4	Average No. on roll	300
1.5	No. of classes in year	2 form entry
1.6	Gender	Mixed

2. Key contacts

2.1	SLT responsible for food:	Jenna Foley
2.2	Lead Governor responsible for food	
2.3	Staff members responsible for food:	Francis Kallay

3. Dissemination

Key information from this policy will be incorporated into the following documents where appropriate:

- 3.1 School Handbook / Prospectus
- 3.2 Staff Handbook / Induction materials
- 3.3 Governor Handbook / Induction materials
- 3.4 Pupil documentation

4. 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.

5. Food and Drink Provision Throughout the Day

5.1 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>

5.1 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](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://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served during Breakfast Club each morning from 7.30 – 8.40 and is provided by the school.

We serve a variety of fresh fruit, cereals and mixed breakfast for all pupils attending.

- Fresh fruit available daily
- Our cereal selection is always, plain, low sugar cereals including Weetabix, cornflakes and porridge
- Only brown, wholemeal bread is served at breakfast club.
- Semi Skimmed Milk, and lacto free options are available.
- Fresh drinking water is readily available

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.

5.2 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:

- Pupils are allowed to have parent/carer provided snacks during playtime. The school communicates regularly with parents/carers to ensure that fruit and non-sugary/fatty snacks are given to pupils.
- The school provides fresh fruit and water to pupils during breaktimes. No other snacks are provided.
- As above our EYFS are provided with fruit and milk as their snack option.

5.3 School lunches

The school lunches meet the statutory school food standards. Lunch is served on a rota basis from 11.45 to 1.00 and is provided by: the school cook, Ms Kallay.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

Provide details of how the school ensures:

- The school sources all of its ingredients from reputable suppliers, of which the school have built trustworthy relationships with over the year.
- Pupils are asked regularly by kitchen staff and school staff on how they feel about school meals. Any recommendations are always feedback to Mrs Kallay, who will consider changes where needed.
- The school provides taster sessions for parents/carers to increase pupil meal uptake at least twice a year.
- The school works closely with the Healthy Schools lead for Westminster to scrutinise and adjust menus accordingly for both lunch and wrap around care.
- There are a number of 'special menu' days diarised over the year, these are marketed with parents and pupils, and often increase the lunch numbers on those days.

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>

5.4 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

Afterschool club runs from 3.30 to 6.00 and food is served during the 'snack time' interval at 4.15, our school cook prepares the snacks in line with the healthy school's policy the menu has been crossed checked with our main school lunch menu to ensure compliancy.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Choice of; Cornflakes Weetabix Shredded Wheat Scrambled egg on toast	Choice of; Cornflakes Weetabix Shredded Wheat Baked Beans on toast	Choice of; Cornflakes Weetabix Shredded Wheat Scrambled egg on toast	Choice of; Cornflakes Weetabix Shredded Wheat Baked beans on toast	Choice of; Cornflakes Weetabix Shredded Wheat Pancakes and fruit
Afterschool Club	Veggie hotdogs	Roasted chicken niblets	Choice of cheese, chicken or tuna wraps	Veggie pasta	Mini cheese and tomato pizza

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.

For schools with a maintained nursery and nursery unit attached to the school, you may choose to serve your after-school menu to younger children, as a 'tea provision'. This is not offered at St Peter's Eaton Square.

In these circumstances, please refer to the Eat Better Start Better Guidelines page 42 and 43 – this relates to the provision of tea which is quite nutrient dense serving as a meal provision.

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

5.5 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. There is a drinking fountain. In the Dining Room, jugs and beakers are provided on each table.

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

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.

5.6 Menu Development and Consultation

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

- Healthy Schools Lead
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors
- Person responsible for budgeting
- Teacher and teaching assistant representation
- Your local HSL contact as required
- School Governors

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 **School Council**. We actively encourage children from different backgrounds to join this group.

6. Food and Drink brought into school and parent engagement

6.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children's 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

6.2 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>

7. 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:

- Alternative birthday treats like books, pencils.
- Ensure that our community events are efficiency planned and stalls with the above are limited.
- Cake sales are spread out over the and only in year 6

8. 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, including.

- Alternative options are available during school meal times
- Parents are asked to inform of changes in dietary requirements
- Special requirements are part of our admission process
- Pupils who have allergies and dietary requirements wear lanyards at lunchtimes. There is a separate colour lanyard for allergies and dietary needs.

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

- Change to selected staff have completed First aid training
- Adrenaline / anaphylactic shock training(Epi pen) all staff receive training annually

9. 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:

- The lunch times are staggered across the school, so that queuing time is reduced to a minimum
- Children are encouraged to use the toilet facilities and to wash hands prior to queuing.
- The children are invited into the light airy dining room (which is a multi use space, set up with tables and chairs. They collect their food and move to the tables to sit in friendship groups
- Each table has cutlery, beakers and jugs of fresh water and imitation pot plants on.

- Children are expected to alert staff to and to begin clear up any spillages.
- When children have finished their meal, they are expected to clear their plates and return them and the cutlery for cleaning.

10. Food Safety

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

- Provide details e.g. adequate facilities, suitable equipment, risk assessments and hazards identified.
- Provide details on staff training (e.g. all staff hold Level 2 food safety certification)
- Additional food safety measures for younger children is understood and adhered to <https://www.nhs.uk/conditions/baby/weaning-and-feeding/childrens-food-safety-and-hygiene/> and refer to notes within the Eat Better Start Better document <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

11. 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:

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
- Address it through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Ensure that staff understand their role of promoting healthy eating messages in the school environment e.g. that all staff are informed about the policy, are given sufficient training so that they can teach and work effectively with pupils, liaise with external

agencies and caterers, monitor teaching and learning about healthy eating, and act as positive role models.

- Monitor pupils learning.

12. Extra-Curricular Activities

Provide details of any extra-curricular activities relating to food, cooking, nutrition or food growing (ensure that it is clear which activities are available to children in EYFS, KS1 or KS2). Also include details of how you support more vulnerable pupils and those entitled to free school meals to access these opportunities.

- After school club offers one cooking session per week, and ingredients are sourced as above, this is run by our school cook.

13. Monitoring and Evaluation

- Regular reviews with the Healthy school's team
- Parent and Governor reviews
- Regular meetings with Kitchen staff
- Updating policy to reflect changes in legislation

14. Policy Review

Policy Implementation Date: October 2022

Next Review Date: January 2024

Signed: *Jcarrington*

Date: October 2022