

**Moss Hall Junior School**



**Update: Autumn 2020**

**Review: Autumn 2022**

**Cycle: Two yearly**

**By: Executive Headteacher**

# **Food and Drink Policy**

## Contents

### **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.

### **Food Standards for 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.

For more information please refer to:

- The School Food Standards – A practical guide for schools their cooks and caterers  
<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- DFE (2019) Standards for School Food in England  
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

### **Breakfast**

Breakfast is an important meal and should make up a quarter of a child's energy requirements and can provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to:  
<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

Breakfast is served at 7:45am and are provided by Moss Hall Infants team.

We provide the following foods/drinks at breakfast: white and brown toast, a variety of cereals (Weetabix, Cornflakes, porridge) and a orange/apple or milk drink. The breakfasts provided address cultural, religious and special dietary needs. For example, if a child is dairy intolerant we would provide an alternative such as soya milk.

## After school clubs

For information on the school food standards for after school clubs please refer to:  
<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf>

Afterschool club food is served at 3pm til 6:30pm and is provided by Moss Hall Play centre  
We provide the following foods/drinks at afterschool club:

- a variety of different fruits and vegetables e.g. fruit pots, fresh fruit, natural juices, vegetable sticks with dips, salad shaker pots
- a variety of sandwich/wraps/toast with toppings or fillings such as cheese hummus, marmite, soft cheese
- no pastries, savoury crackers, breadsticks, confectionary, chocolate, cakes, biscuits or desserts are provided
- fresh drinking water and milk.

## 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 least once a day in addition to before and after school clubs.

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content.

## Food and Drink brought into school and parent engagement

### 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
- Water or milk (semi-skimmed or skimmed).

### LIMIT:

- 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 150mls per day

### 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/change4life-beta/recipes/healthier-lunchboxes>

At Moss Hall Junior School we aim:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches. Children are observed by members of staff and any concerns are reported to SLT immediately.
- Improve the quality of packed lunches that pupils consume.
- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating. Any food not consumed by a pupil will be sent home with them.

### 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.

Sugar is high on the agenda at a national level. Prompted by Jamie Oliver, the Government has announced the Soft Drinks Industry Levy, also known as 'the sugar tax', which came into effect in April 2018. The levy makes soft drinks companies pay a charge for drinks that contain above a certain amount of added sugar. In England, the money raised from the levy is invested in programmes that encourage physical activity and healthy eating to school-aged children.

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>

At school school events, we regularly review healthy food options and regulate portion size and sugar consumption at school events.

### **Rewards and Special occasions**

Food is not be used for rewards. We allow small treats and cake to celebrate Birthdays (usually a small amount) but encourage alternatives such as stationary and gifts.

### **Cooking and food education in the curriculum**

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 and KS2. Food and nutrition is taught at an appropriate level throughout each key stage and links made to healthy eating. We provide continued learning around leading a healthy lifestyle (for example gardening club).

### **Special dietary requirements**

When we admit pupils we collect information on all food allergies/intolerances and other dietary requirements of the children and relay this information to members of staff and the catering company and its staff.

### **Food safety**

The catering company (Radish) manages all food safety at all stages of food preparation and storage relating to school lunches. The school provides adequate facilities, suitable equipment and maintenance. Food handlers in other areas of the school have been appropriately trained. These measure ensure that all possible hazards are identified in all aspects of food preparation and handling.

### **Monitoring and evaluation**

This policy will be reviewed every three years as a minimum.

Effectiveness of the policy will be assessed through:

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

### **Policy Review**

Policy implementation date: Autumn 2020

Policy Review date: Autumn 2022

Signed:

Date: