



## **WHOLE SCHOOL FOOD POLICY**

Ravenscroft Primary is a healthy school. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle.

### **Aims and Objectives**

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

### **Food Provision across the School Day**

#### **Breakfast**

Breakfast Club operates on a daily basis and is open to children of working parents. We do specifically invite some children who we know have little or no time for breakfast in the mornings at home. There is a small charge for breakfast.

The food offered is consistent with a healthy diet. We provide toast (with a choice of bread options), low fat spread, fruit jam, yoghurt, cheese, fortified cereals, slices of fresh fruit, etc. Children are offered fruit juice, milk or water to drink.

#### **School lunches**

All our school meals are provided by a contracted caterer, Caterlink, who have a healthy food policy as part of their tender. Meetings are held between the Head Teacher, appropriate school staff, the lead kitchen cook and the caterer to discuss the options and choices available. Food is prepared on site and a nutritionally balanced and healthy diet with a hot and cold option is offered. Menus (on a three-week rota) are sent home to parents and are also displayed by the food counters. Meals provided include a choice from halal and non-halal meats, and a vegetarian option. A good range of salads and vegetables is also offered.

On Educational Visits all children are provided with a healthy packed lunch and juice drink by the school.

All Newham children of primary age may have a school meal free of charge.

#### **Snacks**

Free milk is available to all our pupils and we take part in the Government's Free Fruit Scheme to provide EYFS and KS1 pupils with free fruit and vegetables during the day.

We do not run a tuck shop or use vending machines in our school.

### **Food & Drink Brought into School**

#### **Packed lunches**

Some children bring a packed lunch to school. We provide information and guidance as to what constitutes a healthy packed lunch. (see appendices)

Children may have squash or juice as a part of their packed lunch. We ask parents not to send in fizzy drinks.

## Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water. Children are encouraged to bring in their own personal water bottle which can be refilled if necessary.

## Food across the Curriculum

There are opportunities across the curriculum for pupils to develop knowledge and understanding of healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

## Special Dietary Requirements

The school provides food in accordance with pupils' religious beliefs and cultural practices. We also offer a vegetarian option at lunch every day.

Pupils with individual care plans with medical special dietary needs are referred to Caterlink. An alternative menu will be drawn up in discussion with the dietician. Parents / Carers of pupils with less severe medical dietary needs are invited to discuss the menu and their child's needs with the school and the lead kitchen cook. Health plans for children with allergies or special dietary requirements are reviewed regularly and all appropriate staff members are kept up-to-date.

The school aims to comply with Allergen Regulations introduced by the EU by signposting allergen information about food served on a regular basis at school.

## Partnership with parents and carers

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned:

If there are concerns about a child's eating, class teacher and parents are informed.

Parents and carers are updated on our water and packed lunch guidelines when appropriate through school and class letters.

During out of school events, e.g. school discos etc., the school encourages parents and carers to consider the Food Policy in the range of refreshments offered to the children.

Children are not permitted to bring sweets for birthdays into school – this is not only as part of healthy eating but also in connection with food allergies.

The following documents have been taken into account in the production of this policy:

<https://www.gov.uk/government/publications/standards-for-school-food-in-england/school-food-in-england>  
<http://www.schoolfoodplan.com/standards/>

<b>Reviewed</b>	<b>December 2021</b>
<b>Next review due</b>	<b>December 2024</b>

## Further information & advice for parents

<http://lunchboxworld.co.uk/>

<http://www.nhs.uk/Change4Life/Pages/healthy-eating.aspx>

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# Healthy Lunchbox

## Water



Choose a starchy food + a source of protein

### Starchy Food

bread  
pitta bread  
bread sticks  
tortilla wrap  
pasta  
rice  
couscous



### Protein

chicken  
tuna  
egg  
hummus  
ham  
kidney beans



Add some salad or a side portion of vegetables

### Fresh fruit & vegetables



apple  
banana  
grapes  
strawberries  
blueberries

carrots  
sugar snap peas  
cucumber  
tomatoes  
celery



### Nutritious snacks

small fruit cake  
hummus  
pretzels  
dips + veg sticks



### Dairy products

cheese  
yoghurt  
fromage frais

Add a nutritious snack and / or some dairy

Choose something sweet . . . fruit

School requests that the following foods are **NOT** included in packed lunches:

- ✗ sweets, chocolate, etc.
- ✗ crisps, etc
- ✗ foods containing nuts
- ✗ sweet cakes
- ✗ fizzy / sugary drinks

To keep food fresh during the day, use a cool bag and put in a frozen drink or a reusable ice pack



# The School Food Standards

*Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.*

*These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.*

*As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to [www.schoolfoodplan.com/wwww](http://www.schoolfoodplan.com/wwww) to find examples of what other schools are doing to encourage children to eat well.*

*Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.*

**\* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs**



## Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



## Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week\*
- No more than two portions of food which include pastry each week\*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat\*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products\*
- Desserts, cakes and biscuits are allowed only at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked\*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful\*



## Milk and dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours



## Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools\*

## Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)



## Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week\*
- Bread - with no added fat or oil - must be available every day



## Healthier drinks\*

- Free, fresh drinking water at all times
- The only drinks permitted are:
  - Plain water (still or carbonated)
  - Lower fat milk or lactose reduced milk
  - Fruit or vegetable juice (max 150 mls)
  - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
  - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
  - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
- Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice



## Appendix C

### *EU Top 14 allergens*

Gluten 	Crustaceans 	Eggs 	Celery 	Milk 	fish 	Treenuts 
Sulphites 	Soya 	Sesame 	Peanuts 	Mustard 	Lupin 	Molluscs 

**Do schools and early years settings need to provide allergen information for the foods they provide to pupils?**

Yes, the EU [Food Information for Consumers Regulation](#), enforced in the UK by the Food Information Regulations 2014, applies to all food businesses, including schools, early years settings and hospitals from 13th December 2014.

These Regulations mean that schools and early years settings have a legal responsibility to provide correct information about the allergens that are contained in the food and drink they make or serve to pupils. The 14 allergens covered by the requirements are celery, cereals containing gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, soya and sulphur dioxide. Information can be provided in a written format (e.g. listed on menus or standard recipes), or available for staff to explain verbally to parents and children.

It is important that the information provided on the 14 allergens is correct and consistent, and that processes are in place to ensure the allergen information is updated as required, and that staff know how to access and explain this (e.g. through policies and training).

To provide this information, schools and early years settings (or their caterers) will need to think about the ingredients used in each dish they prepare, and check which allergens are present in each ingredient (e.g. by checking product labels or specifications, or by checking with suppliers).

Guidance to support food businesses to meet this requirement is available from the [Food Standards Agency website](#). Watch this space, another relevant FACT SHEET will be published soon by the Food Standards Agency (in liaison with Department for Education and Children's Food Trust) explaining in more detail what actions you should take to comply with this legislation.

(<http://www.childrensfoodtrust.org.uk/schools/the-standards/new-standards/new-standards-faqs#eyallergies>)