

St Anne's Catholic Primary School

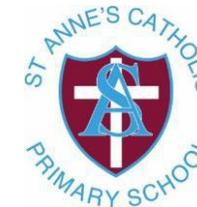
Food Policy

Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy. This school food policy is co-ordinated by the PSHE Lead.

The main aims of our school food policy are:

1. To provide a range of tasty, healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices in order to have the energy and nutrition they need to be better prepared to learn and achieve
3. To ensure a positive and consistent approach to healthy eating across the school community including pupils, staff and parents/carers



Food throughout the school day

1. **Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The St Anne's Community Centre Breakfast Club (across the road from the school) offers breakfast to those children who require care before school.

2. **School Lunches**

School meals are provided by Principals and served between 12.00 noon and 1.30pm in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2021 (See Appendix 2). School meals are planned on a 3-week cycle and always contain a meat and vegetarian option. The school meals menu can be found on our school website. The dining hall also has a salad bar which offers food grown in the school's edible playground where possible.

3. **Packed Lunches**

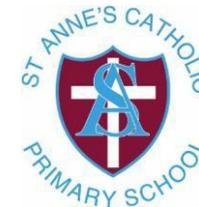
The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy or dairy alternatives such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once or more every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. Mini-Cheddars
- Nuts



- Sweets
- Extra Sachets/Portions of salt to add to food.

4. **Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. In Early Years and KS1, children are given a piece of fruit or vegetable during the morning session. Pupils in KS2 are able to bring a healthy snack, such as a piece of fruit, into school to eat at morning play time.

Pupils are allowed to bring in healthy snacks for after-school if they are staying for a club.

5. **Drinks**

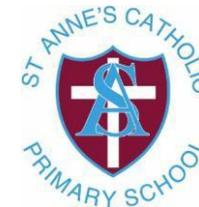
The school is a water only school; the children are only allowed to have water during lessons and are only allowed to bring in water with their packed lunch. The only exception to this is that Early Years are given milk in the morning session, and KS1 and KS2 pupils are offered milk at lunch. Pupils are encouraged to bring a bottle of water to school and there are also water fountains in the playground.

6. **School trips**

A packed lunch can be provided by the school, on request, for children entitled to free school meals. Children are asked to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and Special Occasions

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: certificates, dojo and house points, small prizes, outings.



Celebrations

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

In line with our Healthy Schools status, we do not allow cake or treats to be brought in for birthdays. We help to celebrate each child's birthday in other special ways.

Curricular and extra-curricular activity

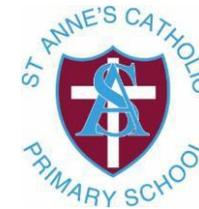
Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies. Pupil's food allergies are displayed in the staff room and kitchen, and information is passed on to relevant members of staff. The school is also a nut-free school in order to prevent allergic reactions. No staff members or children are allowed to bring food containing nuts onto the premises or on school trips.

Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Teaching staff are encouraged to eat a school lunch and are welcome to sit and eat with pupils in the dining hall.



Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 3 years.

Date agreed by governing body on 21/06/2022	Signature of Chair or Vice Chair
Date agreed for review Summer 2025	Frequency of Review Three Years
Responsibility for Review PPC Committee	





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 (one 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, butter-sauced, or bread-crumb-coated, each week¹
- No more than two portions of food which include pastry, each week²
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat³
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food⁴
- No confectionery, chocolate or chocolate-sand products⁵
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked⁶
- Any confectionery must be limited to a sachet or portion of no more than 10g or one teaspoonful⁷



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 vegetarian, 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 requirement) no more than once each week in primary schools and twice each week in secondary schools⁸



Starchy food

- One or more carbohydrate 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 week⁹
- Bread - with no added fat or oil - must be available every day



Healthier drinks¹⁰

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or because reduced milk
 - Fruit or vegetable juice (max 150 ml)
 - Plain water, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Combination of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
 - Combination of fruit juice and lower fat milk or plain yoghurt, plain water, rice or oat drinks enriched with calcium, sugar and lower fat milk; flavoured lower fat milk; all with less than 5% added sugars or honey
 - Tea, coffee, hot chocolate
- Confectionery drinks are limited to a portion size of 350ml. They may contain added vitamins or minerals, and no more than 100mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice

