

	<h2>South Bersted CE Primary School Food Policy</h2>
Web and/or Internal	Internal
This policy should be reviewed every	Every three years
Policy approved by Governors	Autumn 2019
Date of Review	Autumn 2022
Member of staff responsible	Business Manager
Policy created by	South Bersted School
Signed by Chair of Governors and/or Headteacher	

The Governors recognise the important connection between a healthy diet and a pupil's ability to learn effectively, and also the role the school can play as part of the larger community to promote family health, and sustainable food and farming practices.

By teaching pupils the principles of healthy living, it is hoped they will maintain life-long healthy and environmentally sustainable eating habits. This will be accomplished through food education and skills such as growing food and cooking, as well as academic content in the classroom.

AIMS

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues including what constitutes a healthy and environmentally sustainable diet and hygienic food preparation and storage methods.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on health and the environment
- To ensure suitable arrangements are made for the pupils to eat their lunch so that it is a safe and enjoyable experience, and that water is available to them throughout the school day
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils – religious, ethnic, vegetarian, medical and allergenic needs
- To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

OBJECTIVES

- To work towards ensuring that this policy is accepted and embraced by all members of the school community, any food providers and the school's wider community
- To integrate these aims into all aspects of school life, in particular:
 - food provision within the school
 - the curriculum
 - pastoral and social activities

METHODS

- Establish an effective structure within the school to oversee the development, implementation and monitoring of this policy, ensuring everyone is actively involved
- Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food through both education and example **(Appendix 1)**
- Create an environment conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food
- Promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices

Appendix 1: **Packed Lunch Guidelines**

What are the Packed Lunch Guidelines for?:

To help schools encourage parents to supply healthy packed lunches that are equally as nutritious and beneficial as hot school meals. Packed lunches should be nutritionally balanced and in line with the national 'School Food Standards', which hot school meals are required to comply to.

What does this mean for parents?:

As the government have set nutritional standards for hot school lunches, we wish for children who eat packed lunches to have the same varied, balanced diet at school. Below is a quick checklist to help parents, children and school staff to see if lunches are healthy.

Food Type	Example	How much?
Fruit and vegetables	Apple, berries, carrot, cucumber, raisins, banana, tomato, pear, sugar snap peas, orange, kiwi	At least 1 portion every day.
Meat, fish, eggs, non-dairy protein	Chicken, pork, beef, tuna, lentils, kidney beans, chickpeas, houmous, falafel	At least 1 portion every day.
Oily fish	Salmon, sardines, anchovies, mackerel	At least 1 portion every 3 weeks.
Starchy food (inc. wholemeal bread)	Pitta, rolls, wraps, sliced bread, pasta, rice, couscous, potatoes (not crisps), noodles, rice cakes (non-yoghurt or chocolate coated)	At least 1 portion every day.
Dairy	Semi-skimmed/ skimmed milk, cheese, low sugar yoghurt, fromage frais, low sugar custard pot	At least 1 portion every day.
Drink (Schools provide free water)	Water, fruit juice*, smoothie* (*maximum 150ml), semi-skimmed/ skimmed milk, low sugar yoghurt drink	At least 1 portion every day.
Meat products	Sausage roll, individual pies, corned meat, sausages	Occasionally, not every day
Cakes and biscuits**	Angel slice, jammy dodgers, bakewell tart, oreos, flapjacks *(Look for snack sized and reduced sugar/fat versions. Does not include chocolate)	Occasionally, not every day (encourage child to eat as part of a meal)
Salty snacks	Crisps, nuts	Not to be included
Confectionary	Chocolate, chocolate coated biscuits, cereal bars, processed fruit bars, sweets	Not to be included
Sugary soft drinks	Squash, fizzy drink (even if no added sugar or reduced sugar), fruit shoot, capri sun	Not to be included

I struggle to meet the 'Rate-my-lunch Challenge' guide/ my child has dietary requirements, can I order hot school meals?:

Let us know if your child has allergies or intolerances so we can work with you. Faith or vegetarian meal requests will also be respected. Our caterer Chartwells, cater for dietary requirements where possible. To ask about a special diet please email westsussexspecialdiets@compass-group.co.uk.

What if I don't follow the Packed Lunch Guidelines?:

The school advise parents to follow the guidelines, so that all children can eat healthily at school. School staff will continue to monitor packed lunches, along with the hot school meals service. Be advised that our hot school meals meet the Governments School Food Standards and is independently checked and endorsed.

For more information on Chartwells or to book meals, visit: www.loveschoolmeals.co.uk or call 01243 836130.

You may like to use this activity to see how healthy your lunches are:

Rate-my-lunch Challenge!

Take a look at your lunch and see what boxes you can tick! Look at the food group or the picture, and put a tick in the box next to it if it is in your lunch across the week. You should be able to **tick the green boxes every day**, the **amber boxes 2-3 days out of 5**, and the **red boxes should stay empty!** How well did your lunches do? Take a look at the Change4life website for tips and sugar swaps: <https://www.nhs.uk/change4life/food-facts/sugar>

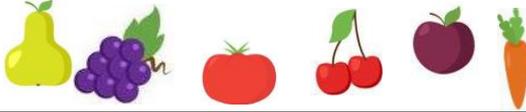
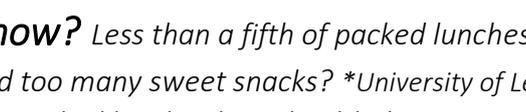
Green = Everyday Well done if you are ticking green!

Blue = Once every 3 weeks (as a minimum).

Amber = 2-3 days a week is fine for a treat.

Red = None at school please.



Food Type	Examples	Is it in your lunch today?					
		Example	Mon	Tue	Wed	Thu	Fri
Fruit and veggies							
Meat, fish, eggs, non-dairy protein		✓					
Starchy food (normally light brown)		✓					
Dairy (milky food)		✓					
Drink		✓					
Oily fish		✓					
Meat products							
Cakes and biscuits		✓					
Salty snacks							
Confectionary							
Sugary soft drinks							

Did you know? Less than a fifth of packed lunches contained vegetables or salad, while more than half contained too many sweet snacks? *University of Leeds, 2016.
Don't let your packed lunches be unhealthy!