



Great Easton Voluntary Aided C of E Primary School's

Food Policy



This policy has been equality impact assessed and we believe that it is in line with the Equality Act 2010 as it is fair, it does not prioritise or disadvantage any pupil and it helps to promote equality at this school.

All parents and staff consulted: October 2017

Agreed by Governors: November 2017 TBC

This policy is subject to on-going change and will be updated as and when required.

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1. INTRODUCTION

In our school we are committed to giving all our pupils consistent messages about all aspects of health to help them to understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in preventing childhood obesity. In September 2017 children from Years 1-6 enjoyed a house team day learning about the harmful effects of too much sugar. They learned about the recommended sugar allowance for children (for more information and guidance see Appendix 1.)

We have used the following approach to identify what we need to look at to develop a more healthy approach to the issue of food in our school:

- How well are we doing?
- How well should we be doing?
- What more should we aim to be doing?
- What must we do to make it happen?
- What action should we take and how do we review progress?

Rational

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 and their families 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 ethos which supports a healthy environment.

Aims and objectives

- To ensure that we are giving consistent messages about food and health.
- To give our pupils the information they need to make healthy choices.
- To promote health awareness.
- To contribute to the healthy physical development of all members of our school community.
- To encourage pupils to take part in the '5 a day' campaign.

The school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This is achieved by the whole school approach to food documented in this whole school food policy.

The policy was formulated through consultation between members of staff, governors, children, Suzanne Heron (Health Improvement Practitioner for Essex Child and Family Wellbeing Service), school nurse and our catering team. Parents' views and feedback from coffee mornings and workshops have been taken into consideration for the formulation of this policy.

2. FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To provide healthy food choices throughout the school day.

3. FOOD STANDARDS AND SUPPLIERS

Great Easton Primary School has achieved the Healthy Schools Enhanced award which means Great Easton is considered an Enhanced Healthy School, Essex Healthy Schools has been expanded to provide those schools which have already achieved National Healthy School Status with new opportunities to develop their work further. The Essex Healthy Schools enhancement model provides a framework to help schools with the wider thinking and planning needed for improved health and well-being outcomes for children and young people.

It brings together a number of elements such as work around anti-bullying, emotional health and wellbeing, physical activity and healthy eating. These are combined with areas of focus such as PSHE education including Sex and Relationships and Substance misuse and Risk Behaviours to provide schools with a single co-ordinated focus for all their health and well-being activity.

For further details; please visit: <http://providearchive.provide.org.uk/how-to-achieve-essex-healthy-schools-status/>

Great Easton is classed as 5 (the highest rating 1-5) for food hygiene rating.

Our catering team are supported by Essex County Council School Meals Team. We use locally sourced ingredients when available and in season.

Copies of menus are displayed in reception areas and display boards throughout the school and are sent to parents and made available on the school's website at: http://greateastonprimary.co.uk/js/plugins/filemanager/files/2017_2018/Summer_2017_Menus_amended_for_September.pdf . All menus are nutritionally analysed to ensure they meet and in most cases exceed the food standards.

National Nutritional Standards for school Lunches became compulsory in April 2001. The Government standards for school food were phased in from 2009. There are three parts. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches.

4. CURRICULUM

Food and nutrition are taught at an appropriate level throughout each key stage.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. A balanced approach to learning about healthy eating is planned through Great Easton's Curriculum.

Evaluation of pupils' learning

The healthy eating aspects of the National Curriculum are assessed as part of Science.

Other aspects of healthy eating work are evaluated through activities, which have been built into the programme, as part of the planning process.

In the Foundation Stage, KS1 and KS2 there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from and how it is prepared and cooked.

English provides children with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus. For example; writing to a company to persuade them to use healthy, organic or non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for healthy recipes and weighing and measuring ingredients.

Science provides an opportunity to learn about different types of foods available and their origins. Digestion and the function of different nutrients in contributing to how the body responds to exercise can also be studied.

RE allows children to discuss the roles of certain foods in the major religions of the world. Children can also experience different foods associated with religious festivals.

Computing can afford pupils the opportunity to research food issues using the internet and other electronic sources. Pupils design packaging and adverts to promote healthy food choices.

Food technology as part of DT gives the chance to learn where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHCE encourages young people to take responsibility for their own health and well-being. It teaches them how to develop a healthy lifestyle and addresses issues such as body image and persuasion. Pupils are able to discuss issues of interest to young people, for example; advertising and sustainable development.

Music can provide younger children with knowledge about different properties of cooked and un-cooked foods when pulses and grains are used in UN pitched percussion instruments. Songs and rhymes about food can give a positive feeling about food.

Geography provides a focus on the natural world and the changing environment, offering the chance to consider the impact of our consumer choices on people across the world who rely on the production of food as their source of income. Children can also discover the impact of food production on the natural world.

History provides an insight into the changes to food and diet over time.

PE gives pupils the opportunity to develop physically and to understand the impact of sport, exercise and other physical activity such as dance or walking.

School visits allow children the chance to enhance their learning about all the areas of the curriculum, often giving them first hand experience of the topics covered.

Leading by example and staff training

Teachers, the school nurse and caterers have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines and seek to role-model positive behaviours around food.

Resources

Healthy eating is taught as part of Science and PSHCE. Samples from some of these resources are displayed in the PSHCE teacher's folder and are clearly linked to the term's programme of work. The curriculum map for Key Stage One and Two clearly outlines the coverage and progression during the units covering 'Healthy and Safer Lifestyles'. We use the Cambridgeshire Primary Personal Development programme.

Visitors in the classroom

We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject, including in relation to food. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the children. The school's policy for visiting speakers is adopted.

5. OUTSIDE THE CLASSROOM

After-School Gardening Club

Great Easton has an after-school gardening club. In conjunction with curriculum-based learning this provides an opportunity for children to understand the whole cycle of food production, from seed to plate. The aim of the gardening club is to promote an interest in general gardening and more specifically growing fruit and vegetables and learning about various herbs from this country and abroad. Produce may be used for cookery e.g. by the after-school club.

6. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

Free school meals

Essex County Council currently provides free school meals to all Nursery and Primary School pupils. This is regardless of your family income.

Mealtime arrangements

Children from Reception to Year 6 collect a tray and cutlery and choose their food from the serving counter. They will have booked a particular school meal at the beginning of the day for example: hot, vegetarian or a jacket potato. They can then choose a dessert, the majority of which are fruit-based or a piece of fresh fruit.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club (08:00-08:30). The breakfast menu includes healthy cereals, yoghurt and toast.

Packed lunches (school trips)

Reception and Key Stage One Packed lunches (when there are school trips) are prepared by the school caterers and adhere to the National Nutritional Standards for Healthy School Lunches.

Packed lunches brought from home

Many children bring packed lunches to school. We encourage parents and carers to give their child a healthy and balanced lunch. We do not allow fizzy drinks or sweets. However, a small amount of chocolate or a chocolate bar such as a Club, Penguin or Blue Ribban is perfectly acceptable, as is a piece of cake and/or crisps.

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 throughout the school and playgrounds.

Snacking

Children in Reception, KS1 and 2 are encouraged to bring in healthy tuck for their morning break, these include foods such as: fresh fruit or vegetables,

hummus, rice cakes, breadsticks, crackers and cheese. They do not include foods such as crisps, chocolate, cakes, biscuits or shop bought cracker packs (e.g. Dairy Lea Dunkers). Free fruit (and sometimes vegetables) is also supplied to children in Reception and Key Stage 1 daily.

Alternatively, all children can purchase a healthy snack from the school snack box. These are provided by Tasty Tuck and cost 50p.

If a member of staff feels a child has brought in an unhealthy snack, they will ask the child to take it home with them and offer them a piece of fruit available from the KS1 free fruit scheme.

Snack time is an important social time in the school day, the children eat in their classroom and may chat to their friends. They should be seated to avoid the risk of choking from moving around. The children are encouraged to drink water, which is readily available in every classroom.

After school club

Our after school club can, at the parent and carer's request, provide children with a healthy after school snack and are aware of children allergies or intolerances. Examples of the food served are, wraps, carrot sticks, celery sticks and crackers.

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, such as stickers, certificates and praise given during Celebration assembly on a Friday.

7. FOOD AND DRINK SERVED IN SCHOOL

In-house caterers serving food on school premises

Our school's catering staff have undergone appropriate food hygiene training; our kitchen facilities meet appropriate food safety requirements; and we demonstrate that we provide lower fat alternatives to foods and dishes with ingredients in the proportions depicted in the balance of good health (BOGH). Further information can be located here:

<http://www.food.gov.uk/sites/default/files/multimedia/pdfs/bghbooklet.pdf>

Birthdays and other special occasions

In years R-6, we embrace celebratory foods. Children are welcome to bring in appropriate food in moderation to share with their peers and staff. Celebratory foods do not have to be cake or other high-sugar foods and we would encourage parents / carers to think about alternatives. We teach children moderation and restraint with their food choices.

8. SPECIAL DIETARY REQUIREMENTS

Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices, where possible and encourages celebratory foods, in moderation.

Vegetarians and vegans:

School caterers offer a vegetarian option at lunch every day. If necessary the school would do its very best to provide a vegan option.

Food allergy and intolerance:

Individual care plans are created for children with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and all staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

Great Easton is a nut-free school, and no food containing nuts should be brought on to the premises, including for after-school snacks.

9. FOOD WASTE

Great Easton is committed to seeking to reduce food waste and to minimising the impact of wasted food on the environment through the use of food waste bins in the kitchen. Suitable vegetables and fruits are given to the school chickens as well.

10. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We are advised by our Catering Supervisor, Sharon Treble, about legal requirements.

11. THE FOOD AND EATING ENVIRONMENT

All children eat in the main school hall, sometimes accompanied by members of staff and parents or carers that book lunch with their child. The environment is cleaned thoroughly.

12. MONITORING AND EVALUATION

Parents will be invited to review of the healthy eating policy and to contribute to a healthy eating approach where appropriate. A coffee morning will be scheduled in to the school calendar which will be shared on the school newsletter, *The Grapevine*.

13. PARTNERSHIP WITH PARENTS AND CARERS

The partnership between home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other. Our school endeavours to lead by example.

As previously stated parents are kept up to date with menus and changes or new initiatives in the weekly news letter.

14. ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

Appendix 1:

How does sugar in our diet affect our health?



Eating too much sugar can make you gain weight and can also cause tooth decay.

The type of sugars most adults and children in the UK eat too much of are "free sugars". These are:

- Any sugars added to food or drinks. These include sugars in biscuits, chocolate, flavoured yoghurts, breakfast cereals and fizzy drinks. These sugars may be added at home, or by a chef or other food manufacturer.
- Sugars in honey, syrups (such as maple, agave and golden), nectars (such as blossom), and unsweetened fruit juices, vegetable juices and smoothies. The sugars in these foods occur naturally but still count as free sugars.

Sugar found naturally in milk, fruit and vegetables doesn't count as free sugars. We don't need to cut down on these sugars, but remember that they are included in the "total sugar" figure found on food labels.

- [How much sugar can we eat?](#)
- [Tips to cut down on sugars](#)
- [Nutrition labels and sugars](#)
- [Your weight and sugar](#)
- [Tooth decay and sugar](#)

How much sugar can we eat?

The government recommends that free sugars - sugars added to food or drinks, and sugars found naturally in honey, syrups, and unsweetened fruit and vegetable juices, smoothies and purées - shouldn't make up more than 5% of the energy (calories) you get from food and drink each day.

This means:

- Adults should have no more than 30g of free sugars a day,

(roughly equivalent to seven sugar cubes).

- Children aged 7 to 10 should have no more than 24g of free sugars a day (six sugar cubes).
- Children aged 4 to 6 should have no more than 19g of free sugars a day (five sugar cubes).
- There is no guideline limit for children under the age of 4, but it's recommended they avoid sugar-sweetened drinks and food with sugar added to it. Find out more about [what to feed young children](#).

Free sugars are found in foods such as sweets, cakes, biscuits, chocolate, and some fizzy drinks and juice drinks. These are the sugary foods we should cut down on.

For example, a can of cola can have as much as nine cubes of sugar - more than the recommended daily limit for adults.

Find out what the [top sources of free sugars are](#).

Sugars also occur naturally in foods such as fruit, vegetables and milk, but we don't need to cut down on these types of sugars. Be aware that these are included along with free sugars in the "total sugars" figure that you'll see on food labels.

Find out more about [nutrition labels and sugar](#) for help on how to tell the difference.

Tips to cut down on sugars

For a healthy, balanced diet, cut down on food and drinks containing free sugars.

These tips can help you to cut down:

Reducing sugar in drinks

- Instead of sugary fizzy drinks or sugary squash, go for water, lower-fat milk, or sugar-free, diet or no-added-sugar drinks. While the amount of sugar in whole and lower-fat milk is the same, choosing lower-fat milk reduces your saturated fat intake.
- Even unsweetened fruit juices and smoothies are sugary, so limit the amount you have to no more than 150ml a day.
- If you prefer fizzy drinks, try diluting no-added-sugar squash with sparkling water.
- If you take sugar in hot drinks or add sugar to your breakfast cereal, gradually reduce the amount until you can cut it out altogether. Alternatively, switch to [a sweetener](#).

Reducing sugar in food

- Rather than spreading high-sugar jam, marmalade, syrup, chocolate spread or honey on your toast, try a lower-fat spread, reduced-sugar jam or fruit spread, sliced banana or lower-fat cream cheese instead.

- Check [nutrition labels](#) to help you pick the foods with less added sugar, or go for the reduced- or lower-sugar version.
- Try reducing the sugar you use in your recipes. It works for most things except jam, meringues and ice cream.
- Choose tins of fruit in juice rather than syrup.
- Choose unsweetened [wholegrain breakfast cereals](#) that aren't frosted, or coated with chocolate or honey.
- Choose unsweetened cereal and try adding some fruit for sweetness, which will contribute to your 5 A Day. Sliced bananas, dried fruit and berries are all good options.

The [Be Food Smart app](#) from Change4Life can help you check how much sugar you or your child is having. Using your smartphone, the app can scan the barcode on food packets to find out exactly how much sugar is in it. Find more ways of [cutting out sugar from your diet](#).

Nutrition labels and sugars

Look at information on nutrition labels and ingredients lists to help reduce your intake of free sugars.

Nutrition information can be presented in different ways, including on the front and the back of packs.

Labels on the back of packaging

It's important to look for the "of which sugars" figure on nutrition labels, which is part of the carbohydrate information. While this doesn't tell you the amount of free sugars, it's a useful way of comparing labels and can help you to choose foods that are lower in sugar overall.

Look for the "Carbohydrates of which sugars" figure on the nutrition label as shown in the image below.

| | | | | |
|--------------------|---------|---------|----|----------|
| Energy | 1515kJ | 760kJ | | |
| | 360kcal | 180kcal | 9% | 2000kcal |
| Protein | 11.0g | 5.5g | | |
| Carbohydrate | 60.4g | 30.2g | | |
| of which sugars | 1.5g | 0.8g | 1% | 90g |
| Fat | 8.1g | 4.1g | 6% | 70g |
| of which saturates | 1.6g | 0.8g | 4% | 20g |
| mono-unsaturates | 3.8g | 1.9g | | |
| polyunsaturates | 2.7g | 1.4g | | |
| Fibre | 8.5g | 4.3g | | |

Products are considered to either be high or low in sugar if they fall above or below the following thresholds:

- high: more than 22.5g of total sugars per 100g
- low: 5g or less of total sugars per 100g

If the amount of sugars per 100g is between these figures, that is regarded as a medium level.

The "of which sugars" figure describes the total amount of sugars from all sources - free sugars, plus those from milk, and those present in fruit and vegetables.

For example, plain yoghurt may contain as much as 8g per serving, but none of these are free sugars, as they all come from milk.

The same applies to an individual portion of fruit. An apple might contain around 11g of total sugar, depending on the size of the fruit selected, the variety and the stage of ripeness. However, sugar in fruit is not considered free sugars unless the fruit is juiced or puréed.

This means food containing fruit or milk will be a healthier choice than one containing lots of free sugars, even if the two products contain the same total amount of sugar. You can tell if the food contains lots of added sugars by checking the [ingredients list](#).

Sometimes you will see a figure just for "Carbohydrate" and not for "Carbohydrate (of which sugars)". The "Carbohydrate" figure will also include [starchy carbohydrates](#), so you can't use it to work out the sugar content. In this instance, check the ingredients list to see if the food is high in added sugar.

Ingredients list

You can get an idea of whether a food is high in free sugars by looking at the ingredients list on the packaging.

Sugars added to foods and drinks must be included in the ingredients list, which always starts with the ingredient that there's the most of. This means that if you see sugar near the top of the list, the food is likely to be high in free sugars.

Watch out for other words used to describe the sugars added to food and drinks, such as cane sugar, honey, brown sugar, high-fructose corn syrup, fruit juice concentrate/purées, corn syrup, fructose, sucrose, glucose, crystalline sucrose, nectars (such as blossom), maple and agave syrups, dextrose, maltose, molasses and treacle.

For more information on terms you might see on food label terms, such as "no added sugar", see [Food labelling terms](#).

Labels on the front of packaging

There are labels containing nutrition information on the front of some food packaging.

This includes labels that use red, amber and green colour coding, and advice on reference intakes (RIs) of some nutrients, which can include

sugar.

Labels that include colour coding allow you to see at a glance if the food has a high, medium or low amount of sugars:

- red = high (more than 22.5g of sugar per 100g or more than 27g per portion)
- amber = medium (more than 5g but less than or equal to 22.5g of sugar per 100g)
- green = low (less than or equal to 5g of sugar per 100g)

Some labels on the front of packaging will display the amount of sugar in the food as a percentage of the RI. RIs are guidelines for the approximate amount of particular nutrients and energy required in a day for a healthy diet.

The [reference intake](#) for total sugars is 90g a day, which includes 30g of "free sugars". For more information, see [Food labels](#).

Your weight and sugar

Eating too much sugar can contribute to people having too many calories, which can lead to weight gain. Being overweight increases your risk of health problems such as [heart disease](#), some cancers and [type 2 diabetes](#). For a healthy, balanced diet, we should get most of our calories from other kinds of foods, such as [starchy foods](#) (wholegrain where possible) and [fruits and vegetables](#), and only eat foods high in free sugars occasionally or not at all.

The [Eatwell Guide](#) shows us how much of what we eat should come from each of the main food groups in order to have a healthy, balanced diet. Learn more about [how to have a balanced diet](#).

Tooth decay and sugar

Sugar is one of the main causes of [tooth decay](#).

To prevent tooth decay, reduce the amount of food and drinks you have that contain free sugars - such as sweets, chocolates, cakes, biscuits, sugary breakfast cereals, jams, honey, fruit smoothies and dried fruit - and limit them to mealtimes.

The sugars found naturally in fruit and vegetables are less likely to cause tooth decay, because they are contained within the structure. But when fruit and vegetables are juiced or blended into a smoothie, the sugars are released. Once released, these sugars can damage teeth.

Limit the amount of fruit juice and smoothies you drink to a maximum of 150ml (a small glass) in total per day, and drink it with meals to reduce the risk of tooth decay.

Squashes sweetened with sugar, fizzy drinks, soft drinks and juice drinks have no place in a child's daily diet. If you're looking after children, swap any sugary drinks for water, lower-fat milk or sugar-free drinks.

Dried fruit and your teeth

It's better for your teeth to eat dried fruit as part of a meal, such as added to your breakfast cereal, tagines and stews, or as part of a healthy dessert - a baked apple with raisins, for example - and not as a between-meal snack.