

Food Policy

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1. Introduction

We have been recognised as a Camden Healthy School and our food policy meets the Camden Healthy School standards.

This policy covers all food provided and consumed in school including before, during and after school, on school trips and in extra-curricular activities.

2. Why is a policy needed?

In Camden, 1 in 5 Reception aged pupils and more than 1 in 3 Year 6 pupils are overweight or obese and we are committed to helping to reduce and prevent obesity in childhood.

We also recognise the important part a healthy diet plays in a child's wellbeing and their ability to concentrate, learn effectively and achieve.

As a school we believe that by working in partnership with parents and carers, we can play an important role in preventing and reducing obesity by ensuring pupils eat a healthy, balanced diet while at school and learn about healthy eating, cooking and making healthy food choices.

The School Food Plan was published in 2013 by the Department of Education and sets out seventeen actions to transform what children eat in schools and how they learn about food.

As part of the School Food Plan, the Department of Education launched the School Food Standards for all food served in schools. These became mandatory in all maintained schools, academies and free schools from January 2015. Governors are responsible for ensuring these are being met.

The Eat Well Guide was developed in 2016 and shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

As a Healthy School we support the School Food Plan and ensure we provide food and drinks that meet the School Food Standards and reflects the Eat Well Guide.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices.

Senior Members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meal supervisor, cooks and kitchen staff. Senior Members of staff and Governors liaise with the caterer and food contractor (where relevant) to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS); at breakfast clubs, afterschool clubs, break and lunch.

The PSHE lead in liaison with the Science Lead, is responsible for what is taught about healthy eating and the DT Lead is responsible for the Cooking and Nutrition curriculum.

The lead governor on health and wellbeing ensures the policy and SFS are implemented.

Caterers and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive eating environment.

Key contacts:

PSHE and Citizenship Lead: Laura Lien

DT/Cooking and Nutrition: Julie Forsythe

Science Lead: TBC

Lead Governor: Muhammad Abu Naser

Healthy School Lead: Laura Lien

This policy will contribute towards other policies in the following way

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and making healthy choices is included in the curriculum
Science	Healthy eating and nutrition education is part of the science curriculum
Design and Technology (including Cooking and Nutrition)	We teach the statutory Cooking and Nutrition curriculum to Key Stage 1 and 2 which includes practical cooking opportunities
Equality	We take account of the needs of all our children, including those with disabilities, dietary needs and allergies

Development of the policy

This policy was developed in consultation with and following advice from Camden's Health and Wellbeing Team. We have taken account of national guidance produced by Change4life, information from the Department of Health and NHS and the National School Food Standards.

Teaching about healthy eating and cooking in the curriculum

The statutory Cooking and Nutrition curriculum encompasses the teaching of food and its production, preparation and nutritional value. It is a statutory part of the curriculum for pupils at Key Stages 1 and 2. The main subjects which incorporate the teaching of Cooking and Nutrition include PSHE, Science and Design and Technology.

We ensure that pupils are taught cooking every year up to Year 6. Every Year group has at least 3 opportunities to prepare and cook healthy food, in line with the national curriculum and with an emphasis on hygiene and safety issues. We link teaching about healthy food choices with the school lunch menus.

Pupils' learning about healthy eating is monitored and assessed in line with the school's assessment policy through Science, PSHE, and Cooking and Nutrition. A review of what is taught includes feedback from staff and pupils.

In September 2020 teaching about healthy eating became statutory, as part of Health Education. By the end of primary, children should know

- what constitutes a healthy diet (including understanding calories, and other nutritional content)
- the principles of planning and preparing a range of healthy meals.
- the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Training staff to deliver practical cooking lessons

Staff routinely involved in food preparation and cookery lessons attend training to up-date their skills, knowledge and understanding in food related issues including food hygiene. Practical cooking lessons are based upon healthy and predominantly savory recipes. Staff teaching aspects of food with no formal training are supported by those who have.

Food is handled and stored safely in line with the Food Standard Agency guidance.

Nurturing healthy eaters

There are times when some children may appear to be a 'fussy eater' and can be selective about what they eat, or how they eat. In light of the fact taste buds and food preferences change over time and research which shows it can take up to 15 times for a child to decide if they like or dislike a food, we encourage children to try foods that they have previously rejected.

It is important that the approach towards fussy eating behaviour is consistent and essential that all those involved at mealtimes agree and follow the same strategies. For this reason we ensure we discuss all issues with parents/carers and come up with joint solutions, to ensure that there is a consistent approach at home and in school.

We follow the strategies recommended by Camden which include sitting "fussy" eaters with "good" eaters, using praise and non-food rewards for good eating behaviour and not commenting on fussy eating behaviours, allowing children to choose themselves where possible, staff sitting and eating with EYFS children at lunch times.

3. About School Lunches

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the National School Food Standards (SFS) and has achieved the Silver Food for Life Partnership award.

We support and promote recipes and foods that are included in school menus, ensuring that children are given a number of opportunities to try new foods. If any changes are requested and made to menus, the school and caterer ensure menus continue to comply with the National SFS.

We encourage parents and carers and pupils to choose school meals, rather than packed lunches, where possible.

Packed lunches in school and on school trips

If parents and carers choose to provide a packed lunch for their child, instead of a school meal, we ask that parents and carers follow the school's **packed lunch policy (see appendix 1)**. This policy must also be applied for school trips.

Creating a positive lunchtime experience

The dining area has a calm and positive atmosphere where pupils can socialise and enjoy the dining experience. We have lunchtime buddies that help younger children make healthy choices and encourage them to eat fruit, vegetables and salad. In EYFS, staff sit and eat their meals with pupils and use this to monitor and encourage healthy eating.

School lunches are promoted to pupils and parents and carers at the start of the school year and on an ongoing basis. The school council regularly gather the views of pupils on the school meals and dining hall, and this is fed-back to the cook, Caterer and SLT.

Parents and Governors are invited to sample the school lunches and provide the school with feedback on their experience which informs this policy.

A copy of the weekly menu is displayed in the dining hall and communicated to parents and carers and discussed with pupils.

We ensure that the menus are visually appealing, encouraging pupils to easily choose a healthy lunch.

Staff monitor food choices and encourage pupils to try new foods. Any proposed changes to the menus are always in line with the School Food Standards.

4. Food other than lunch including Breakfast Club and After School Clubs

All food other than lunch provided by the school or by an external provider (including at breakfast club, break times, and afterschool clubs) is in line with the School Food Plan guidelines for "food other than lunch" and reflects the healthy eating principles as promoted in the Eatwell Guide (see page 10).

We also use further guidance supplied by the Camden Health and Wellbeing Team on appropriate foods to provide at these times and base our provision on this guidance (see appendix 3 and 4).

Breakfast club

We provide food and drinks that meet the National School Food Standards for "food other than school lunches" and that reflects the Eatwell Guide, including

- Fresh, dried or tinned fruit (in natural juice)
- Vegetables e.g. tomato, mushroom, avocado or spinach
- Porridge, Weetabix, Rice Krispies, low sugar Cornflakes
- Toast, bagels (preferably wholegrain)
- Low fat Greek or natural yoghurt with no added sugar

- Boiled, scrambled or poached eggs Low fat cheese
- Low salt and low sugar baked beans
- Semi-skimmed milk
- Reduced-fat spreads, such as olive oil or sunflower spreads
- Water

Break time

All children in the Early Years and Key Stage 1 and those eligible for free school meals receive a free morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away.

After school clubs

Food and drink brought in by pupils needs to be consistent with the school's healthy eating messages, meet the National School Food Standards for "food other than school lunches" and reflect the Eatwell Guide.

We provide food and drinks that meet the National School Food Standards for "food other than school lunches" and that reflects the Eatwell Guide, including:

- Fresh fruit
- Vegetables e.g. carrot and cucumber sticks
- Water

We ask that pupils do not bring the following items to eat in school*

- Cereal bars
- High sugar spreads such as jam, honey, chocolate spread and marmite
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- Crisps
- Crackers or breadsticks
- Baked goods such as croissants and brioche
- Processed meat products such as sausage rolls, scotch eggs, hot dogs and pepperoni
- Fruit juice or squash which contains added sugar or sweeteners
- Fizzy drinks, energy drinks or sweetened milkshakes

*N.B. these foods contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).

5. Tackling Food Insecurity

We regularly promote the FSM offer to our parents and carers and we work with families who are eligible for free school meals to encourage them to take this up.

To avoid stigma, FSMs are provided anonymously to those eligible.

In addition, we promote the Healthy Start scheme to families with children under 4 years old and support them to apply to receive Healthy Start vouchers that can be used to buy fresh and frozen fruit and vegetables, milk and infant formula.

We also promote and provide information about local food banks and support available for families who might be at risk of food insecurity.

6. Water for all

We want to reduce consumption of sugary drinks and so we are working towards being a water only school. This means water and milk are the only drinks allowed to be consumed outside of mealtimes (lunch and break times). In compliance with the National School Food Standards, we provide water and milk for all pupils during school meals. If pupils bring in a sugary drink, they will be asked to take it home and we talk to parents and carers to remind them of the food policy.

We have water fountains at various locations throughout the school grounds and pupils are encouraged to drink water regularly throughout the day and have water bottles in class. Tap water is available to staff and visitors in the staff room.

7. Birthdays and Rewards

We use guidance provided by the Camden Health and Wellbeing Team to support the celebration of birthdays and other events in a healthy way and find healthy alternatives to traditional cakes.

We give pupils the opportunity to celebrate their birthdays and other special occasions in school. We do this with special cards, favourite songs and other activities to help make children feel special on their birthday.

In order to reduce the amount of foods high fat, sugar and salt that children eat, we ask that parents and carers do not send in birthday cakes or foods that do not comply with our food policy. If parents and carers want to bring something in to celebrate birthdays, we ask that healthy foods such as fruit are provided as alternative options to cakes and sweets.

Rewards

We do not reward children with food, instead we use praise and non-food rewards such as our Brecknock values stickers.

8. Food Allergies

As part of our duty of care to all pupils we use guidance from Anaphylaxis Campaign (<https://www.anaphylaxis.org.uk/>) to take a whole school approach to food allergy management. Further support and information can be found from Allergy UK (www.allergyuk.co.uk) and Food Standards Agency (<https://www.food.gov.uk/>).

In order to minimise the risk of an allergic reaction it is important that a shared responsibility between the child (if age-appropriate), family of the child, school, school caterer, GP and school nurse is taken. As part of this we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

Communication

- Firstly, and most importantly, we ask that parents of a child diagnosed with a food-allergy by a health professional e.g. a GP or dietician, make the school aware of the diagnosis in the first instance and this will be communicated to the school nurse and school caterer. It is essential that the school has full details of pupils' allergies and parents are expected to provide updates when there are changes.

- Where we know there is a risk of an allergic reaction to foods amongst the children we will seek advice and may consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought in to school
- Where Caterlink provides food for schools – Parents/carers will be asked to fill in a form to ensure the caterer/Caterlink have the necessary information to cater for their child.

Individual management plan development

- We work with parents to develop an individual management plan that accommodates the child's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers.
- The child's management plan is reviewed annually or following the event of a reaction occurring (whichever occurs first).
- All medication is clearly labelled with the drug name, the child's name, date of birth and the expiry date.

Training and education

- All staff are appropriately trained on minimising triggers and on the management of allergies, support staff are all trained on the use of epi-pens.
- We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not allowing children to share or swap foods.

9. Partnership with Parents and Carers

We inform and involve parents and carers about healthy eating, through coffee mornings, the school website and newsletters. The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each helps to reinforce the other. As a school we always aim to lead by example and thereby provide a consistent message around healthy eating and we encourage parents and carers to do so as well.

Parents and carers are given information about and encouraged to participate in the annual National Child Measurement Programme (NCMP) that measures the weight of children in Reception and Year 6. Where needed we give information to parents and carers about where they can get advice and support for achieving and maintaining a healthy weight and we make referrals to external support services in line with our referral system when necessary.

We regularly offer Camden's Families for Life Programme - family learning workshops for children aged 2-11 years on healthy eating, physical activity and cooking. We also promote healthy eating workshops for parents and carers with children under 5, through the Children's Centres and nurseries.

Parents and carers are made aware that we are a healthy school through the school website and regular newsletters and how our approach to healthy eating is in keeping with this.

10. Monitoring Food Provision

Camden Council is responsible for the quality of the food provided for school meals in schools that use Camden's school meals contractor. In addition the school gathers feedback from pupils, parents and carers and staff about healthy eating and food provided as part of an annual review. The results are used to evaluate the impact of the food policy and to further improve the school meals and food provided throughout the school day.

We monitor food waste when appropriate and take relevant measures to reduce food waste.

11. Disseminating the policy

A full copy of this policy is freely available to parents and carers on request. The policy is on the school's website. Copies of the policy are in the Policy reference file and staff and governors new to the school are made aware of the policy.

Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in supporting the curriculum.

12. Appendices including Packed Lunch Policy

Appendix 1: Packed Lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school hours, including on school trips, provide pupils with healthy and nutritious food that is in line with The School Food Standards.

Why was this policy produced?

- To make a positive contribution to pupils' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, at least once every three weeks.
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar free yoghurt every day.
- Only water (semi-skimmed or skimmed milk is permitted).
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit based crumbles.

Packed lunches should not include*:

- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets.
- Processed meat products such as sausage rolls, scotch eggs, hot dogs and peperoni.
- Fizzy or sugary drinks

*N.B. these food contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents and carers are asked to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Packed Lunch Containers

Pupils and parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents and carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles.

Foods are at risk of harmful bacteria if they are prepared and stored at a warm temperature, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on providing healthy packed lunches. If pupils consistently bring packed lunches that do not meet these guidelines, a letter will be sent home along with a copy of this policy.

Disseminating the policy

Key information from this policy will be incorporated into the following documents

- Staff Handbook
- Governor Handbook
- School website

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

Boiled, scrambled or poached eggs

Low salt and low sugar baked beans

Reduced-fat spreads, such as olive oil or sunflower spreads (a new manufacturing process solved past concerns about their trans fat content)

Water

3. What to avoid at breakfast clubs

Cereals high in sugar e.g. Cheerios, Coco Pops and Frosties

Cereal bars and breakfast biscuits

Spreads such as jam, lemon curd, honey, chocolate spread and marmite

Butter

Baked goods such as croissants and brioche

Processed meat products such as sausages

Fried carbohydrate items

Fruit juice or squash which contains added sugar or sweeteners

*N.B. these food contain high amounts of sugar (>22.5g per 100g), fat (>17.5g per 100g), and/or salt (>1.5g per 100g).