**Whole-school Food and Drink Policy**

*(Text in red needs to be adapted for your school)*

This policy was written in consultation with staff, pupils, parents and governors and is requirement of our Healthy Schools bronze status award.

**Rationale**

Children and young people across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity and other comorbidities in later life. The biggest source of sugar in children's and young people’s diets is sugary drinks, followed by sugary snacks. The [Name of school] therefore endeavors to promote healthy eating where ever possible.

The [school name] has a responsibility to help pupils and staff establish and maintain a healthy lifestyle including developing and maintaining healthy eating habits. We adopt a whole-school approach ensuring our food provision offers the best high quality healthy food options and our cooking and nutrition curriculum offers pupils the opportunity to explore healthy eating.

We believe learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating across our school.

The [school name] aims to:

* To adopt a whole-school approach in promoting and teaching about the benefits of healthy eating to staff and pupils.
* To ensure the pupils understand the link between healthy eating and the prevention of diseases caused by poor diet and lifestyle choices.
* To positively influence the health of the pupils and staff through education, increasing their knowledge and awareness of what is a healthy and balanced diet, hygienic food preparation and storage methods.
* Through our curriculum, we endeavor for pupils to become competent and confident in a range of cooking techniques, so they are able to cook for themselves and others confidently.
* To ensure that food and drink provision in the school reflects the ethical and medical requirements of staff and pupils and promotes inclusion (e.g. religious, medical, vegetarian and allergenic needs).
* To ensure the school provides an enjoyable, pleasant and safe environment for pupils and staff to consume their food and drink.
* To encourage and teach good manners and courtesy as outlined in our behavior policy.
* To improve the quality and breadth of the curriculum and extra-curricular offers in Cooking and nutrition.

The promotion of healthy eating, cooking and nutrition is delivered via:

* Design and Technology
* Cross curricular links in our curriculum – Health Education, Science,
* Extra-curricular offers during lunch and after school

**Dissemination**

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

* School Handbook / Prospectus
* Staff Handbook / Induction materials
* Governor Handbook / Induction materials
* Student documentation

This policy should be read in conjunction with:

* The behaviour policy
* Physical activity policy
* Safeguarding policy
* Packed lunch policy
* Health and Safety policy
* Equality Diversity and Inclusion policy

**Food and Drink Provision Throughout the Day**

***School food provision***

**[**Name of caterer**]** is [name of school] catering provider and it fully complies with the School Food Standards. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

[The School Food Standards](http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf) – A practical guide for schools their cooks and caterers

[DfE (2019) Standards for School Food in England](https://www.gov.uk/government/publications/standards-for-school-food-in-england)

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the ‘[Eat Better, start better 2017](https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf) Voluntary Food and Drink Guidelines for Early Years Settings.

***Breakfast***

[Name of provider] offers a daily breakfast club to all pupils including those who are entitled to free school meals. The breakfast club runs from [Insert times] and is provided by our Include name e.g. the school catering company, member of staff, the organisation delivering breakfast clubs. On offer is a variety of different fortified low sugar cereals including whole-wheat varieties, bread, eggs, fresh fruits and water. For more information please visit our website [add link].

***Snacks***

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. The Government’s school fruit and vegetable scheme entitle all children in KS1 to one piece of fruit and/or vegetable per day. We ask children in KS2 to bring a piece of fruit or vegetables for their snack time. Crackers, breadsticks, chocolate, chocolate coated products, or confectionary (defined as cereal bars, processed fruit bars, non-chocolate confectionery) are not allowed.

For more information on snack guidelines for schools please refer to the [Checklist for school food other than lunch](http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-food-other-than-lunch-140616.pdf). Tips for a snack under 5-year-olds visit, First Step Nutrition Trust, [snack for 1-4 year olds](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5afc5f01f950b7630a19e028/1526488846381/Eating_well_snacks_for_1-4_years_for_web.pdf).

The government’s guidance on [the Portion size and food groups](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/portion-sizes-and-food-groups#snacks) features suitable snacks, for healthy snack ideas for parents visit [Change4Life Healthier snacks.](https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/)

***School lunches***

The school lunches [insert a link to your school menu] meet the statutory school food standards. Lunch is served at [add time] and is provided by [Insert the name of the catering company or school cook].

Our dining hall offers a clean, sociable environment that is welcoming and promotes social interaction amongst pupils and encourages good manners at all times. Children are able to sit with their peers who have a packed lunch or school dinners. Staff is also encouraged to eat with pupils in the hall to promote positive role modeling.

We use high-quality ingredients using nominated suppliers. We regularly ask for feedback from pupils and staff to ensure the food served looks appealing and meets the needs of our pupils and School Food standards.

***Drinks***

Drinking palatable water is available throughout the whole day and children are encouraged to top up their bottles frequently. Fruit juices (150ml) are only available, at breakfast time. No other drinks (e.g. squash, flavoured water, soft drinks and fizzy drinks) are allowed.

Milk is available for children at least once a day in addition to before and after school clubs. We also support ‘[Cool Milk](https://www.coolmilk.com/)’ scheme which offers free or subsidised school milk for children age five and under or for older children parents can register and pay for their child to receive daily milk. Children on Free School Meal list receive free milk throughout their time in school.

***Packed lunches***

We encourage parents to provide healthy well balanced packed lunches as per our guidance on our school website [provide link to it]. The packed lunch guidance is disseminated regularly via parents’ newsletters throughout the year. The midday supervisors advise pupils, for example, who bring foods high in fat, sugar and salt that they are not suitable. Parents whose children persistently bring unsuitable packed lunches are contacted or approached and reminded of the school’s packed lunch policy. No fizzy drinks or energy drinks are allowed.

For more information and practical tips for children aged 5 years and above visit [Healthy lunchboxes - Food A Fact Of Life](https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/) or [Change4Life Healthier Lunchbox Recipe](https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/) for under 5 please visit, [Packed lunches for 1-4 year olds](https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf) or [How to make a perfect pre-school lunchbox](https://www.eynpartnership.org/blog-news/how-make-perfect-pre-school-lunchbox)

**School events, trips, birthdays and special occasions**

* Healthy packed lunches are provided for school trips including fresh sandwiches, fresh fruit and water. Parents who provide packed lunch for the school trip are asked to follow our packed lunch policy [insert the link to the packed lunch policy on your website]
* The [Name of school] values the partnership with parents and during the out of school events the school will encourage parents and carers to consider the [Name of school’s] Whole School Food Policy in the range of refreshments offered for sale. We encourage parents to use healthier ingredients including using 50% of fruit and vegetables in baked produce and use of savoury snacks with no added sugar and salt, for example, homemade popcorn. This is reinforced via the Parents Teachers Association (PTA) group and frequent communications with parents.
* We **do not** accept sweets, cakes and biscuits as a birthday treat to the class. We ask parents to consider donating a book to the class or a school library or to send small non-food tangible gifts such as stickers or pencils.
* Desserts on our school lunch menu are made on-site daily and at least three of those are made with 50% of fruit as per the School Food Standards.
* Regular communications with parents pupils and staff is maintained to promote special occasions, cultural events and celebrations via; weekly letter home, e-newsletter and other communications. When parents are asked to contribute or bring food items, the school provides a list of healthier options as suggestions for parents.
* The [Name of school] ask PTA not to sell or bring alcohol for celebratory events such as school fairs where pupils are present.

**Special Dietary Requirements and food safety**

We are aware of food allergies/intolerances and other dietary requirements of children and young people and have procedures in place to identify and manage these. We offer [halal, vegetarian and vegan options] throughout the menu e.g. [salad bar/sandwiches/hot food].

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements and food safety:

* First Aid, our [insert name or job title welfare officer/ lunchtime superwiser] is onsite to assist with first aid. The officer works on the counter at breakfast and in the dining hall during the lunch period.
* All staff supervising food provision in school (breakfast, lunch and after school) have completed their food allergy training/Level 2 food safety and hygiene training, manual handling, fire safety, adrenaline/ anaphylactic shock training.

**Cooking and Food Education in the Curriculum**

Teaching pupils how to cook is an important part of our whole-school approach to health and wellbeing. It captivates and stimulates pupils’ interest and enjoyment of food as well as building self-confidence. The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education. Also see the [Public Health England, Food teaching in Primary schools a framework of knowledge and skills](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/477935/Foodteaching_Primaryguidelines_FINAL_.pdf) to deliver high quality cooking and teaching.

Provide details of how food, cooking, food growing and nutrition education is taught in your school including how you:

* Ensure food and nutrition is taught at an appropriate level throughout each key stage.
* Identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
* Address it through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
* Ensure that staff understands their role of promoting healthy eating messages in the school environment e.g. that all staff are informed about the policy, are given sufficient training so that they can teach and work effectively with pupils, liaise with external agencies and caterers, monitor teaching and learning about healthy eating, and act as positive role models.
* Staff understands that food should never be used as a reward to ensure pupils develop a healthy relationship with food.
* Monitor pupils learning.

For nurseries – provide details of how you give children in the early years different opportunities to explore food with their senses. Are children involved in food growing and food preparation? How are children encouraged and helped to be successful in self-feeding and self-serving to support their independence? How have staff been trained so that they understand the specific nutritional requirements of children in the early years.

The following resources are utilised:

* <https://www.foodafactoflife.org.uk/>
* <http://www.nhs.uk/livewell/5aday>
* <http://www.food.gov.uk/>
* <http://www.nutrition.org.uk/>
* <https://archive.nutrition.org.uk/healthyliving/resources/eatwellguide.html>
* <https://www.fountainmedical.co.uk/2021/10/25/african-and-caribbean-eatwell-guide/>
* <https://www.nutrition.org.uk/life-stages/children/>
* <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/477935/Foodteaching_Primaryguidelines_FINAL_.pdf>

For more information on government guidelines, please refer to:

* Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
* Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
* Health Education - <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

**Extra-Curricular Activities**

Provide details of any extra-curricular activities relating to food, cooking, nutrition or food growing (ensure that it is clear which activities are available to children in EYFS, KS1 or KS2). Also include details of how you support more vulnerable pupils and those entitled to free school meals to access these opportunities.

* Before school
* Break times
* Lunchtime
* After school
  + All pupils reception to year 6 have the opportunity to join the afterschool Gardening club to grow their own food on the school allotment. An annual horticultural society competition provides pupils with an opportunity to showcase their home-grown produce.
  + We ran two cooking clubs for KS1 and KS2 pupils led by our experienced Design and Technology Lead.
* School trips
* During school holidays

**Climate change consideration**

We are committed to reduce avoidable food waste in our school kitchen. Recently, we have introduced pre-ordering system where children choose their main meal and desert in the morning. This helps the school cook to prepare the correct number of meals so there is less surplus food waste.

We are committed to establish effective recycling practice across the school. We will continue to educate pupils and staff to use recycling bins provided throughout the school, including correct disposal of compostable food waste.

We have ‘climate friendly’ menu choices as well as meat free Mondays.

Our wide curriculum includes food growing projects and learning about the environment, sustainability and our individual responsibility towards taking actions to tackle climate change issues collaboratively. To enrich our D&T curriculum we use local (DELETE AS APPROPRIATE [Climate Change Resource Hub, Wandsworth](http://s4s.wandsworth.gov.uk/Page/24285) [Climate Change Resource Hub, Richmond](https://afcservices.org.uk/Page/24325))

**Monitoring and Evaluation of this policy**

The following are actively involved in the monitoring and evaluation of this policy:

* Provide details of how you consulted with the school community regarding the contents of this policy, this could include review by outside agencies such as your school health team, public health healthy schools lead.
* Provide details of how you will monitor and evaluate this policy to ensure that it is upheld
* Provide details of how you will share this policy with staff, parents/carers and pupils. For the Healthy Schools London Bronze award, it is now a requirement that this policy is on the school website for all to access. It may also be shared with staff, parents/carers, pupils by other methods such as newsletters, parent’s evenings, staff meetings etc.

**Policy Review**

Policy Implementation Date: xxxxxx

Next Review Date: xxxxxxxx

Signed:

Date:

**APPENDIX 1**