

Food Policy

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'Our high standards of education are reflected in our diverse and exciting curriculum, inspiring teachers and enthusiastic children. A curriculum that strives to offer our children a breadth of learning that is enhanced by our individual approach to making the learning both individual and inspirational. The essential life skills required to succeed in their education and thrive in life.'

We now wish to take a pro-active step in extending this success and provide all our children at Warden House with a consistent, nutritious and well balanced healthy diet.

Aims:

- To ensure the school provides clear, consistent and coherent messages around food and drink.
- Raise parent's awareness of the importance of healthy eating and drinking.
- To raise pupil achievement. Evidence shows that children who have a healthier diet and healthier choices; concentrate, behave and learn more.

Objectives:

1. Ensure School Meals are in line with National Food Standards
2. Improve packed lunches so they are in line with National Food Standards
3. Create a positive social dining environment
4. Ensure Parents have the latest knowledge on a healthy diet
5. Promote children's knowledge of a healthy diet throughout school curriculum and extra curricular activities

➤ 1. Ensure School Meals are in line with National Food Standards

The school and its caterer must meet the new nutritional standards for school meals (The Education(Nutritional Standards and Requirements for School Food)(England) Regulations 2007) and non-school meal food provided in school. The school through its caterer/food provider now must offer the following food groups as part of the school meal and from September 2008 the nutrient standards:

Fruits and vegetables -

these include fruit and vegetables in all forms (whether fresh, frozen,

- Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)
- A fruit-based dessert shall be available at least twice per week in primary schools

canned, dried or in the form of juice)	
Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)	<ul style="list-style-type: none"> ▪ A food from this group should be available on a daily basis ▪ Red meat shall be available twice per week in primary schools, and three times per week in secondary schools ▪ Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks ▪ For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein
Manufactured meat products	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers ii) are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder. iv) A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii. Group 1: burger, hamburger, chopped meat, corned meat; Group 2: sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.
Starchy foods (also see additional requirement on deep frying below) - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal	<ul style="list-style-type: none"> ▪ A food from this group should be available on a daily basis ▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week ▪ On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available ▪ In addition, bread should be available on a daily basis
Deep fried products	Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the

	manufacturing process.
Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	A food from this group should be available on a daily basis.
Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> ▪ plain water (still or fizzy); ▪ milk (skimmed or semi-skimmed); ▪ pure fruit juices; ▪ yoghurt or milk drinks (with less than 5% added sugar); ▪ drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies); ▪ low calorie hot chocolate; ▪ tea; and ▪ coffee <p>NB - Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
Water	There should be easy access to free, fresh drinking water.
Salt and condiments	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
Confectionery and savoury snacks	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

➤ 2. Improve packed lunches so they are in line with National Food Standards

Warden House recognises that a well balanced hot school meal, in the middle of the day is vital in order for your child to have a healthy diet and therefore we recommend to parents that this is the best option for your child. However, should parents decide to send a packed lunch it is important that it is in line with National Food Standards.

A typical packed lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured)

In addition, the school advises that parents do not include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.

Parents who have difficulty following these guidelines are advised to contact the school.

3. Create a positive and social dining environment

The school will provide a clean, sociable environment, indoors and out, for children to eat their lunch.

- All children are required to sit at a table for at least 15 minutes, in order to eat their lunch
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their packed lunch
- All litter, from packed lunch boxes brought in from home, must be taken home at the end of the school day
- Midday supervisors will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful. (Table monitors will be selected on a weekly basis to ensure all children on their table are being polite)
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them
- Caterers and supervisory assistants should thank children for using the facilities, as children should thank them
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition

As a reward for good manners, behaviour and social interaction during meal times, selected children once a week will be invited to sit with the Head Teacher and Healthy Schools Co-ordinator. (Chosen by the 'Table monitor' of the week)

➤ **4. Ensure Parents have the latest knowledge on a healthy diet**

Parents will receive the latest information from NHS, Food Standards and general knowledge about a healthy diet. Questionnaires will be sent out twice yearly to ensure Warden House as a school understands their parent's awareness of a healthy diet.

Throughout the year there will be ample opportunities for parents to come in and learn about a healthy diet as well as sampling many of the foods.

- Sample school meals
- Participate in cooking workshops, (Ideas for healthy packed lunches/evening meals)
- Help out in Let's Get cooking club
- Celebratory traditions
 - Chinese New Year tastings
 - Divali
 - Community events
 - Etc

➤ **5. Promote children's knowledge of a healthy diet throughout school curriculum and extra curricular activities**

We are very proud of our Curriculum coverage that ensures our children have a rich and fulfilled awareness of a healthy diet and what can promote a healthier lifestyle. As well as our general Curriculum coverage throughout every year group at Warden House we also offer a range of extra curricular activities

- After School cookery clubs
- Healthy foods at community events
- A range of physical activity clubs including mind body and soul (speed stacking/Tai Quando)
- Specialist services advice - Dentistry nurse
 - Dietician
 - Whole School Meals Coordinator (delivering a

range of healthy eating lessons designed for each of the food groups within the 'Eatwell Plate' e.g. fats, protein, carbohydrate etc.)