**Whole School Food Policy Template**

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

**Name of School**

**1. Purpose of Food Policy**

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

**2. Food and Drink Provision Throughout the Day**

**2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools**

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. 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.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

* Parties or celebrations to mark religious or cultural occasions
* Fund raising events
* Rewards for achievement, good behaviour or effort
* For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
* On an occasional basis by parents or pupils
* Food and drinks provided after 6pm, or during weekends or school holidays

For more information please refer to:

* The DFE Standards for School Food in England (updated 2021) <https://www.gov.uk/government/publications/standards-for-school-food-in-england>
* The DFE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated 2021) <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
* The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

For **maintained nurseries and nursery units** attached to primary schools there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

* Fruit and vegetables (fresh, frozen, canned or dried)
* Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
* Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
* Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for maintained nurseries and nursery units’ whole milk, rather than lower fat milk, may be provided. Children under 2 years should only be offered whole milk. Fresh clean free drinking water should also be available for children every day. Very young children in nursery should use a free-flow cup for drinking. Staff should also be aware of serving appropriate portion sizes for children and encourage them to stop eating when they are full.

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the ‘Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings’. For more information please refer to: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

**2.2 Breakfast**

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

* For information on the school food standards for breakfast please refer to: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf>
* For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served (Insert times) and are provided by: Include name e.g. school catering company, member of staff, organization delivering breakfast clubs

We provide the following foods/drinks at breakfast (Provide an example of your school breakfast menu):

* E.g. a variety of different fruits and vegetables e.g. fruit pots, fresh fruit, dried fruit (served in cereal/porridge), canned fruit in natural juices
* E.g. A selection of fortified low sugar cereals. We mix plain cereal with wholegrain varieties to reduce overall sugar content. We offer porridge and other high fibre cereals.
* E.g. A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
* E.g. A variety of different toppings for toast and bread e.g. low fat spread, low fat soft cheese, chopped egg, cooked or cold tomatoes or mushrooms, cucumber, beans, avocado, banana, tinned fruit. We offer reduced sugar jam occasionally.
* E.g. Semi-skimmed milk for drinking or with cereal and low fat (and lower sugar) dairy products such as yoghurt (lower in fat and sugar, plain and unsweetened) or cheese. Or whole (full fat) milk for children aged from 1-2 years.
* E.g. fresh drinking water

Schools cannot provide the following foods for breakfast:

* Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
* A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
* No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
* No more than two portions of food that include pastry each week (across the whole school day across all food provision)
* No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

**2.3 Snacks**

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit, vegetables, nuts and seeds as a snack. Dried fruit should not be offered as a snack, and should only be offered at mealtimes within a meal/dessert. The Government’s school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

* For more information on snack guidelines for schools please refer to: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf>

Schools cannot provide the following foods as snacks:

* crackers, breadsticks
* cakes, biscuits, pastries, desserts
* chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
* Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
* A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
* No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
* No more than two portions of food that include pastry each week (across the whole school day across all food provision)

For more information on snack guidelines for schools please refer to: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf>

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that each snack for 1-4 year olds includes:

* A starchy food e.g. toast, pitta bread, rice cakes. With a variety of at least 3 different varieties of starchy food across snack each week.
* Fruit or vegetables as part of some snacks. With a variety provided across the day and week
* No dried fruit, cakes, biscuits or confectionary
* Beans, pulses, fish, eggs, meat or other protein may be provided as part of snack once or twice a week
* Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
* A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 38 and 39: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Provide details of how snacks are organised at the school:

* When during the school day are children able to eat snacks?
* Does the school provide any food and drink for children for snacks? If so, provide details
* Are children allowed to bring in snacks from home to eat at school. If so, provide details of how you ensure that snacks brought into school are healthy. e.g. providing guidance for parents/carers on healthy snacks.
* How do you adapt snacks for 1-4 year olds attending the nursery to meet the Eat Better Start Better guidelines?
* How do you identify and manage special dietary requirements and allergies at snack time.
* If any tuck shops run at school during break-time, provide tuck shop food menu.

**2.4 School lunches**

The school lunches meet the statutory school food standards. Lunch is served at (insert times) and is provided by: Insert name of catering company or school cook.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

Provide details of how the school ensures:

* the quality of ingredients for lunches
* that the choice of meals is appealing and meet the needs of the pupils
* that parents / carers are encouraged to opt for school lunches for their children
* that the lunches meet the statutory school food standards. This is especially important if you have a different company / member of staff providing the food and drink for breakfast and after school clubs to the company providing lunches. The food provided at school needs to be considered across the whole school day. For example, children are only allowed 150ml of fruit juice once per day. If your lunch time catering company provides fruit juice at lunch and your breakfast and afterschool club provider provides it with breakfast, you will not be meeting the statutory standards. Both providers need to work together to ensure the statutory standards have been met.
* that the lunches provided address cultural, religious and special dietary needs including food allergies and medical conditions
* that you have adapted the lunches for 1-4 year olds to meet the Eat Better Start Better guidelines

Schools cannot provide the following foods for lunch:

* Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
* A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
* No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
* No more than two portions of food that include pastry each week (across the whole school day across all food provision)
* No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that lunches include:

* One lunch that only uses pulses or meat alternatives as the protein source for all children
* Restricts the use of pastry to once a week
* Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much.
* Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

For information on lunch guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 40 and 41: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

**2.5 After school clubs**

For information on the school food standards for after school clubs please refer to: <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf>

Afterschool club food is served at (insert times) and is provided by: Include name e.g. school catering company, member of staff, organization delivering after school clubs

We provide the following foods/drinks at afterschool club as a lighter meal provision (Provide an example of your after-school club menu):

* E.g. a variety of different fruits and vegetables e.g. fruit pots, fresh fruit, canned fruit in natural juices, vegetable sticks with dips, salad shaker pots
* E.g. a variety of small snacks – e.g. one slice of bread/toast with a healthy topping such as sliced egg, hummus, cream cheese, canned fish, sliced vegetables e.g. cucumber, tomatoes, pepper
* E.g. no pastries, savoury crackers, breadsticks, confectionary, chocolate, cakes, biscuits or desserts are provided
* E.g. fresh drinking water

Schools cannot provide the following foods for after school club

* Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
* A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
* No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
* No more than two portions of food that include pastry each week (across the whole school day across all food provision)
* No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

If provision is offered as a meal, then you should detail how you ensure you include healthy foods from different food groups to ensure the offer is nutrient dense and contains enough energy (calories).

You should advise how you communicate the purpose of the food provision to parents/carers so they can ensure their child is receiving adequate food/nutrition across the whole day.

For schools with a maintained nursery and nursery unit attached to the school, you may choose to serve your after-school menu to younger children, as a ‘tea provision’. Please specify.

In these circumstances, please refer to the Eat Better Start Better Guidelines page 42 and 43 – this relates to the provision of tea which is quite nutrient dense serving as a meal provision.

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

**2.6 Drinks**

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for children at least once a day in addition to before and after school clubs.

Whole milk can be provided for pupils up to the end of the school year in which they reach age 5, after that, milk must be lower fat. You may choose to offer lower-fat milk (e.g. semi skimmed milk) from the age of 2 years, providing the child is growing well.

(In addition, choose one option and delete the others from your policy)

**Option 1 – (recommended)**

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a ‘water only’ school for all children of reception age and older (this is optional but recommended) and following the toolkit below.

<https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

**Option 2 -**

We only provide drinks that are unsweetened, unfortified and additive free. The only other drinks provided at school and offered only to children aged 5 or older are:

* Fruit or vegetable juice (maximum portion size of 150mls per day)
* Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
* Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey) - maximum portion size 330mls. They may not contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.
* Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium, cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey - maximum portion size 330mls. They may not contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.
* Tea, coffee, hot chocolate.

We do not provide any other drinks including squash, flavoured water, soft drinks and fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

**3. Menu Development and Consultation**

Our school engages with key stakeholders before implementing any menu changes and these include:

* Healthy Schools Lead
* Catering company/provider including the catering company nutritionist/dietitian
* Parents / carers
* Catering staff at school including chefs and lunchtime supervisors
* Person responsible for budgeting
* Teacher and teaching assistant representation
* Your local HSL contact as required
* School Governors
* (Add any other relevant services e.g. Change4Life)

Our school ensures that the pupil’s voice is heard when reviewing our food and drink provision. The group that represents our pupils is called (enter name of group e.g. the **School Nutrition Action Group (SNAG)** / **School Council).** We actively encourage children from different backgrounds to join this group.

**4. Food and Drink brought into school and parent engagement**

**4.1 Packed lunches**

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child’s lunchbox, includes:

* Starchy foods – these are bread, rice, potatoes, pasta etc
* Protein foods – including meat, fish, eggs, beans etc
* A dairy item – this could be cheese or a yoghurt
* Vegetables or salad
* A portion of fruit
* A healthy drink such as water or milk

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| **INCLUDE:** |
| * Minimum of 1 portion of fruit and 1 portion of vegetables everyday
* Meat, poultry, fish and non-dairy protein e.g. pulses
* Oily fish at least once every few weeks (e.g. sardines, salmon)
* Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
* A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified
* Water or milk (semi-skimmed or skimmed).
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| **LIMIT:** |
| * Processed meat products sausage rolls, pies, sausages etc
* Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
* Fruit juice: no more than 150mls per day (restricted to children aged 5+)
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| **DO NOT INCLUDE:** |
| * Salty snacks such as crisps, nuts etc
* Sweets and chocolate
* Sugary soft drinks
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For more information and practical tips for children aged 5 years and above: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:



For more information and practical tips for children aged 1-4 years old: <https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf>

* Provide details of how you ensure that parents have the knowledge about what a healthy packed lunch includes. E.g. the school website provides ideas for healthy packed lunches.
* Provide details of how you monitor packed lunches and the steps taken if a packed lunch doesn’t meet the above requirements.
* Provide details on facilities for pupils bringing in packed lunches (appropriate dining room, fridge space etc)
* Provide details of the seating arrangements for pupils. E.g. we ensure that pupils who bring packed lunch sit and eat together with school lunch pupils.

**5. Breastfeeding and Healthy Start**

We have a supportive breastfeeding environment. Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where there can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to: <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to: <https://www.healthystart.nhs.uk>

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

Children 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, coronary heart disease and certain cancers. The biggest source of sugar in children’s diets is sugary drinks, followed by sugary snacks.

The NHS’ Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become ‘Sugar Smart’: <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a ‘Sugar Smart’ school cakes, biscuits, chocolate and sweets are not allowed in school time (excluding school lunches). Instead we encourage the following:

* Provide details of how your school ensures that food provided at events and school trips is healthy and well balanced
* Provide details of how you celebrate birthdays e.g. the use of birthday badge/crowns, a story book for the classroom etc
* Provide details of how you ensure you are contributing to the reduction of sugar intake of pupils and their families e.g. regular packed lunch audits, sugar smart themes day using Change4Life resources, display boards of the amounts of sugar in a range of drinks and snacks, newsletter articles with reducing sugar tips, cooking lessons or after school clubs with an emphasis on savoury dishes, promoting oral health, encouraging families to register with a dentist etc
* Provide details of how you collaborate and communicate with parents/carers during special occasions / cultural events / celebrations e.g. providing a list of healthier food options as suggestions for parents on the type of foods they can provide.

**7. Special Dietary Requirements**

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including (Provide details of the procedures that you have in place to identify and manage the dietary requirements of):

* Religious and ethnic groups
* Vegetarians and vegans
* People with food allergies and intolerances ([guidance here](https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools))
* People with medical conditions where dietary needs are impacted

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

* First Aid
* Adrenaline / anaphylactic shock training

**8. The Dining Experience**

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

* Provide details e.g. the queuing system, hand washing facilities, seating arrangements, how the food is served, space available, lighting, wall displays, noise control mechanisms, pupil responsibilities, social opportunities, reward systems, water etc
* For nurseries – how do you adapt the dining environment to make it suitable for early years children. E.g. meal and snack times are recognized as an important time to develop verbal skills as well as a time to learn about healthy eating. Do staff eat with the children? How do you offer help, role model good manners and eating behaviour, direct conversation and create a calm and relaxed eating environment? How do you supervise the children eating? How do encourage children to try a little of the different foods on their plate and have a balanced diet? How do you encourage children to manage their appetite i.e. listen to their body’s cues / stop when feeling full.

**9. Food Safety**

We ensure food safety at all stages of food preparation and storage, including:

* Provide details e.g. adequate facilities, suitable equipment, risk assessments and hazards identified.
* Provide details on staff training (e.g. all staff hold Level 2 food safety certification)
* Additional food safety measures for younger children is understood and adhered to <https://www.nhs.uk/conditions/baby/weaning-and-feeding/childrens-food-safety-and-hygiene/> and refer to notes within the Eat Better Start Better document <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

**10. 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 pupil’s 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.

For more information 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/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

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 understand 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.
* 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.

**11. 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.

12.1 Before school

 12.2 Break times

 12.3 Lunch time

 12.4 After school

 12.5 School trips

 12.6 During school holidays

**12. Monitoring and Evaluation**

* 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.

**13. Policy Review**

Policy Implementation Date:

Next Review Date:

Signed:

Date: