**Whole School Food Policy Template**

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

**Name of School**

This policy was written in consultation with staff, students, parents and governors.

**1. Purpose of Food Policy**

This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and students 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 and young people, but to improved attainment.

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

**2.1 Food Standards for 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. The standards also apply to sixth forms that are part of secondary schools, (even those in a separate building or on a different site) but do not apply to sixth form colleges or further education colleges.

The regulations set out the requirements for school lunches provided to registered students, whether on the school premises or not, and to any other person on the school premises. The regulations also set out the requirements for food and drink other than lunch, provided to students on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.

These school food standards are intended to help children and young people and young people develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day.

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/>

**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>

Breakfast is served (Insert times) and are provided by: Include name e.g. school catering company, member of staff, organisation 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 low fat (and lower sugar) dairy products such as yoghurt (lower in fat and sugar, plain and unsweetened) or cheese
* 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 each week (applies across the whole school day across all food provision)
* A meat or poultry product on more than two occasions 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.

**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.

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 no more than two occasions each week (applies across the whole school day across all food provision)
* A meat or poultry product on more than two occasions 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)

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>

Provide details of how snacks are organised at the school:

* When during the school day are children and young people able to eat snacks?
* Does the school provide any food and drink for children and young people for snacks? If so, provide details
* Are children and young people 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 to parents/carers, children and young people
* 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.

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 students
* that parents / carers are encouraged to opt for school lunches for their children and young people
* 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 and young people 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

Schools cannot provide the following foods for lunch:

* Starchy food cooked in fat or oil on no more than two occasions each week (applies across the whole school day across all food provision)
* A meat or poultry product on more than two occasions 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.

**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, organisation 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, dried 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, low fat 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 each week (applies across the whole school day across all food provision)
* A meat or poultry product on more than two occasions 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.

**2.6 Drinks**

The following drinks are available for students:

* Water is available for all students throughout the day, free of charge.
* Lower fat milk is available at least once a day in addition to before and after school clubs.

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

**Option 1 – (recommended)**

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

<https://www.london.gov.uk/sites/default/files/water_only_secondary_school_toolkit_1feb2022.pdf>

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 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.

**2.7 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.

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

**3.1 Packed lunches**

We encourage children and young people to bring in healthy well balanced packed lunches.

For children and young people, a healthy well-balanced 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 semi-skimmed / skimmed 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), any dairy alternatives should be unsweetened and fortified
* Water or milk (semi-skimmed or skimmed) as a drink
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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
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| **DO NOT INCLUDE:** |
| * Salty snacks such as crisps, nuts etc
* Sweets and chocolate
* Sugary soft drinks
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* Provide details of how you ensure that young people have the knowledge about what a healthy packed lunch includes.
* 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 young people bringing in packed lunches (appropriate dining room, fridge space etc)
* Provide details of the seating arrangements for young people. E.g. we ensure that students who bring packed lunch sit and eat together with school lunch students.

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

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

The NHS’ Change4Life programme has developed a range of useful resources to help children and young people 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 ensure celebrations promote healthy eating
* Provide details of how you ensure you are contributing to the reduction of sugar intake of students and their families e.g. 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
* Provide details of how you collaborate and communicate with parents/carers, children and young people during special occasions / cultural events / celebrations e.g. providing a list of healthier food options as suggestions on the type of foods they can provide.

**5. Special Dietary Requirements**

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, 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

**6. 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 and young people:

* 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, student responsibilities, social opportunities, reward systems, water etc

**7. Food Safety**

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

* Provide details e.g. adequate facilities, suitable equipment, regular staff training, training for children and young people, risk assessments and hazards identified.
* Provide details on staff training (e.g. all staff hold Level 2 food safety certification)

**8. Cooking and Food Education in the Curriculum**

Teaching students 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 and nutrition education is taught in your school including how you:

* Ensure food and nutrition is taught at an appropriate level for KS3.
* Identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
* Address it through different teaching methods; practical food preparation cookery, 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 students learning.

**9. 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 students in KS3 & KS4). Also include details of how you support more vulnerable pupils 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

**10. 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 students. 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, students by other methods such as newsletters, parent’s evenings, staff meetings etc.

**11. Policy Review**

Policy Implementation Date:

Next Review Date:

Signed:

Date: