

# Grange Primary School

## WHOLE SCHOOL FOOD POLICY

(for review autumn 2023)

Grange Primary School recognises the importance of promoting and providing healthy eating on site, alongside equipping pupils with knowledge, skills and attitudes to understand the importance of healthy nutrition within the school curriculum.

Southwark Council funds free school meals for all Primary pupils. This means that all children in our school can have a free school lunch. Nutritious school meals are made onsite by Chartwells Catering using fresh, natural ingredients. There is always a vegetarian choice and provision can be made for children with allergies or religious considerations. Children may also bring in their own packed lunch.

### KEY CONTACTS:

Named member of the SLT responsible for food: Kim Edwards (School Business Manager)

Named member of staff leading on healthy food: Science Co-ordinator

### FOOD POLICY AIM(S)

At Grange Primary School we aim to:

- To support pupils to develop healthy eating habits
- To ensure pupils get the energy and nutrition they need
- To reduce salt & sugar intake
- To increase fresh fruit, vegetable & fibre intake
- To educate pupils about what they are eating and the importance/benefit of a healthy diet

Staff model healthy eating around the school, eating fruit along with the children at play time and modelling Eatwell guide choices when children are selecting their food at lunchtimes

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/528193/Eatwell\\_guide\\_colour.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf)

Staff ensure that our dining hall is a welcoming and desirable place to be. Children can choose where to sit, they eat from plates with proper cutlery. Members of catering and school staff are present in the dining hall to manage children's choices to ensure they get a balanced meal. Queues for lunch are kept short through staggered seating by year group. Menus are published on our website and displayed in the dining hall.

### FOOD AND DRINK PROVISION THROUGHOUT THE DAY

Fresh drinking water is available to children throughout the day. Children are encouraged to bring a water bottle which can be filled from any cold tap in the school.

In line with National fruit and vegetable scheme all children have access to fresh fruit at playtime provided by the school and varied each day.

### A SUGAR SMART SCHOOL

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Regular audits of packed lunch (staff in the dining hall monitor what children are bringing in from home and how much they are eating)

- Teaching within science lessons around sugar intake and specifically sugar in fruit.
- Promoting oral health – visits from a local dentist and through our Science curriculum.
- Following government guidelines on menu choices in consultation with our catering provider.

## **BREAKFAST**

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

A typical breakfast menu (choices vary each day across the school week)

- Breads: toast, bagels with butter/jam/marmalade, cheesy topped muffins
- Cereals: cornflakes, rice krispies, served only with milk
- Eggs: scrambled, poached or boiled
- Vegetarian sausage
- Pancakes with fruit
- Fresh fruit/raisins
- Yoghurt
- Drinks: water, fresh orange juice, fresh apple juice, milk

## **SNACKS**

The national fruit and vegetable scheme entitles all children in KS1 and KS2 to one piece of fruit and/or vegetable per day offering seasonal produce.

## **SCHOOL LUNCHES**

Food prepared by the school catering department meets the national nutritional standards and the catering provider ensures quality ingredients are used and the menu ensures a choice of meals. Our children and families are actively encouraged to participate in school menu choices which are discussed at regular school council meetings.

In September 2014 the Government introduced universal free school meals for all children from Reception to Year 2 and in Southwark all primary-aged school children are able to access free school meals. This helps to ensure they get a nutritionally balanced meal.

We follow guidance provided by the local authority on the provision of school meals at Grange. More information on Southwark School Meals System Transformation Programme can be found here <https://education.southwark.gov.uk/school-improvement-advisory-team/southwark-school-meals-system-transformation-programme?chapter=2>

## **THE DINING EXPERIENCE**

Our dining hall is a welcoming environment for the children. Children can choose where to sit, they eat from plates with proper cutlery. Jugs of water are available on each table. There is a salad bar for children to select from once they have been given their main meal.

## **FOOD AND DRINK BROUGHT INTO SCHOOL**

### Packed lunches

Parents are encouraged to provide healthy well-balanced packed lunches. Ideas and information about healthy lunches are regularly communicated through newsletters for parents.

Preparing a balanced child's lunchbox, include:

- ✓ starchy foods – these are bread, rice, potatoes, pasta and others
- ✓ protein foods – including meat, fish, eggs, beans and others
- ✓ a dairy item – this could be cheese or a yoghurt

- ✓ vegetables or salad and a portion of fruit
- ✓ a healthy drink such as water, milk or 100% fruit juice.

We encourage parents/carers to make sure packed lunches:

**INCLUDE:**

Minimum of 1 portion of fruit and 1 portion of vegetables everyday  
 Meat/ fish eggs and non-dairy protein e.g. pulses everyday  
 Oily fish at least once every few weeks  
 Starchy food such as bread, pasta, rice, potatoes  
 A dairy product milk, cheese and yoghurt  
 Water or milk (semi-skimmed or skimmed).

**LIMIT:**

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 150mls per day

**DO NOT INCLUDE:**

Salty snacks such as crisps nuts etc.  
 Sweets and chocolate  
 Sugary soft drinks

For more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

Uneaten packed lunches or items in packed lunches will generally be returned home with the pupil. This will allow families to check what their child is eating during the day and assist with making alternative appropriate choices to ensure all their lunch is consumed.

Staff & visitors

Staff and visitors are encouraged to demonstrate healthy eating habits in front of the children. Should staff choose to make alternative choices, then they should consume this food/drinks in the staffroom. Like the children, many staff have water bottles that they drink from throughout the day; drinking water is the quickest way to hydrate and relieve thirst and this is positively encouraged.

**DRINKS**

Water is available for all pupils throughout the day, children are encouraged to bring a water bottle which can be filled from water fountains and cold taps around the school. Milk is available for children at lunch time in addition to before and after school clubs and is provided for all children in our Nursery and Reception classes.

**REWARDS AND SPECIAL OCCASIONS (LINK TO BEHAVIOUR AND REWARDS POLICY)**

Parents providing birthday bags are encouraged not to include unhealthy snacks and be mindful of our wider school community. Party bags will not be handed directly to pupils but will be given to parents/carers at the end of the school day. This helps to safeguard against any potential incidents of food intolerances such as exposure to allergens or unsuitability of their contents due to cultural or religious beliefs.

Children are not rewarded with treats that do not follow our healthy eating gu

At social occasions such as seasonal or community events, cake sales or food fairs it is wonderful that many of our families want to contribute with something they have prepared at home. On these occasions, they are encouraged to ensure that foodstuffs are clearly labelled and any food that may contain ingredients which could aggravate intolerances are avoided.

As a healthy school we have made a commitment to ensure that all food provided during the school day or on the school site meets the school food standards.

### **COOKING AND FOOD EDUCATION IN THE CURRICULUM**

As of September 2014 food, cooking and nutrition education is part of the school curriculum for KS2.

At Grange Primary we:

- Ensure food and nutrition is taught at an appropriate level throughout the key stages.
- Identify food and nutrition links to different subject areas addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Engage pupils in making/preparing simple foods as part of their topic learning.
- Food preparation and cooking clubs have been established aimed at children in EYFS and KS1. They are well attended and provide children with basic skills such as buttering bread, using basic utensils, selecting fillings for sandwiches and toppings for pizzas, cutting, stirring, mixing etc.

### **MONITORING OF THE PUPILS LEARNING**

We have gardening areas around the school grounds and a gardening club in the summer months. Children have planted seeds and herbs and monitored the progress of the food they have grown and learnt how to care for and harvest their crop.

### **SPECIAL DIETARY REQUIREMENTS**

Vegetarians and vegans

Religious and ethnic groups

Food allergy and intolerance

A vegetarian option is available every lunchtime to cater for religious, ethnic groups and vegetarian pupils. Provision is made for children with allergies and are made known to the catering team. Children may also bring in their own packed lunch.

### **FOOD HYGIENE AND FOOD SAFETY**

Safety is a key consideration for Chartwells, our chosen catering company. Staff undergo regular and refresher training in food hygiene standards including preparation and serving. Logs are kept on foodstuffs held and quality and freshness is monitored daily.

All of our staff at Breakfast and After School Club have a certificate in food handling and preparation and follow guidelines to ensure food safety standards are met.

### **MONITORING AND EVALUATION**

Regular monitoring and evaluation is undertaken through:

- Audits from Chartwells
- Feedback from parents and carers through school annual survey
- Regular management meetings to discuss lunch provision with Chartwells: menu, quality of ingredients, health and safety, personnel. Our school council also have an active voice.
- School leadership and management regularly observing the lunch time period and addressing any matters arising with the catering provider

**SHARING THE POLICY**

This policy will be shared with the whole school community on our website.

**REVIEW**

Policy implementation date: May 2018

Policy reviewed: December 2022

*This policy will be reviewed during the autumn term 2023 following the tender process for catering provision at Grange Primary School to be effective January 2024.*