

St Thomas More's Catholic Primary School Whole School Food Policy

This policy sets out the provision of Healthy Eating in the school, including food that will be offered for meals and the education of children.

POLICY STATEMENT

The School will undertake to ensure compliance with the relevant legislation with regard to the provision of healthy eating for all pupils and employees and to ensure best practice by extending the arrangements as far as is reasonably practicable to others who may also be affected by our activities.

RATIONALE

At St Thomas More's Catholic Primary School, we believe that:

- i. Healthy eating is an important element of Personal, Social, Health and Economic Education (PSHE) and that good eating habits developed in the early years will mean that children are likely to eat a healthy diet, as they grow older.
- ii. Balancing a varied diet and fluid intake with an active lifestyle will provide the energy required to aid concentration, promote learning, raise standards and prevent illness in later life.
- iii. Healthy school meals lead to better-behaved pupils in class. The benefit to individuals and the school is healthier, happier children who have a better understanding of how healthy eating and exercise can enhance their lives.

AIMS AND OBJECTIVES

As a school we aim to take a pro-active approach to improving the health and wellbeing of children during their time at St Thomas More's. We aim to do this through:

- i. Giving children under 5 free milk every day.
- ii. Providing every child in Key Stage 1 with a healthy snack during morning break.
- iii. Providing all children in Key Stage 2 with the opportunity to buy a healthy snack during morning break.
- iv. Making drinking water available to all children throughout the day.

- v. On entry to school all children are provided with a free water bottle.
- vi. Giving all children the opportunity to purchase a hot, well balanced, nutritional lunch.
- vii. Ensuring the school meals menu provides pupils with the opportunity to make healthy choices.
- viii. Ensuring children are able to eat their lunch in a calm environment with every child being given enough time to eat their lunch.
- ix. When welcoming new families to the school we inform them of the benefits of giving their children a nutritional, well balanced packed lunch.
- x. Giving children the opportunity to taste a variety of healthy foods through different activities in the classroom.
- xi. Teaching the importance of nutrition and health throughout the school.
- xii. Giving all children in Key Stage 1 the opportunity to cook at least once a term, with the emphasis on healthy foods.

WORKING WITH THE SCHOOL'S CATERER

The school and its caterer (HC3S) must meet the Nutritional Standards and Requirements for School Food (2007, updated, 2011) and the [Food-based standards for school lunches and food other than lunch](#) (DfE, 2014) see Appendix 1 and 2 for further detail. This applies to school meals and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

1. **Fruit and vegetables:** Not less than two portions of fruit and vegetables/salad per day per pupil must be provided; at least one must be vegetables/salad and at least one must be fruit
2. **Oily fish:** Oily fish such as salmon or mackerel must be provided at least once every three weeks
3. **Bread with no added fat or oil:** Bread with no added fat or oil must be provided on a daily basis. Note: Bread does not have to be free, and the amount that must be provided is not specified in the Regulations
4. **Drinking water:** Free fresh drinking water must be provided at all times
5. **Healthier drinks:** Schools must provide only permitted drinks

The school and its caterer will ensure that:

6. **Salt:** Salt is not available to add to food after the cooking process is complete, and is not provided at tables or service counters.
7. **Condiments:** Condiments such as ketchup and mayonnaise are only available in sachets or individual portions of not more than 10g or 1 teaspoonful.
8. **Snacks:** No snacks shall be provided other than nuts, seeds, fruit or vegetables without added fat, salt, sugar or honey. Savoury crackers and breadsticks can only be served with fruit, vegetables or dairy food as part of school lunch.
9. **Meat products:** A meat product (manufactured or homemade) from each of four groups may not be provided more than once per fortnight across the school day:
 - Group 1: Burger, hamburger, chopped meat, corned meat.
 - Group 2: Sausage, sausage meat, link, chipolata, and 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 product e.g. nuggets, meatballs.
10. Starchy food cooked in fat or oil (e.g. roast potatoes, chips, fried rice) must not be provided on more than 3 days a week, across the school day.
11. **Deep-fried food:** No more than 2 deep-fried food items (including items deep-fried in the kitchen or flash-fried during manufacture) should be provided in a single week across the school day.
12. **Cakes and biscuits:** Cakes and biscuits can be provided at lunchtime but must not contain any confectionery.
13. **Confectionery:** Confectionery must not be provided at any time of the school day.

CURRICULUM

The school will continue to include work associated with healthy balanced diets in its curriculum.

As part of the work that children do for science and for PSHE, they will be taught:

- The components of a healthy diet.
- The importance of healthy eating both now and in the future.

- Design a healthy, balanced meal.
- Measuring and weighing when following a recipe.
- When possible, have a gardening club where vegetables can be grown by the children.
- Food in history.
- Healthy foods at year discos and extra-curricular events.

The school will enlist the help of its school caterer/dietician/healthy living co-ordinator or another professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

LUNCHTIME SUPERVISORY ASSISTANTS (LSAs)

- LSAs 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.
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain
- LSAs should encourage children to leave the area where they have eaten their lunch in a reasonable clean and tidy condition
- Children are encouraged to interact during meal and snack times. LSAs may reward children in Key Stage 1 with stickers for good behaviour during

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Appendix 1

Food-based standards for school lunches

Food group	
STARCHY FOOD	<ul style="list-style-type: none"> • One or more portions of food from this group every day • Three or more different starchy foods each week One or more wholegrain varieties of starchy food each week • Starchy food cooked in fat or oil no more than two days each week (<i>applies to food served across the whole school day</i>) • Bread - with no added fat or oil - must be available every day
FRUIT AND VEGETABLES	<ul style="list-style-type: none"> • One or more portions of vegetables or salad as an accompaniment every day • One or more portions of fruit every day • A dessert containing at least 50% fruit two or more times each week • At least three different fruits, and three different vegetables each week
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	<ul style="list-style-type: none"> • A portion of food from this group every day • A portion of meat or poultry on three or more days each week • Oily fish once or more every three weeks • For vegetarians, a portion of non-dairy protein three or more days a week • A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools (<i>applies to food served across the whole school day</i>)
MILK AND DAIRY	<ul style="list-style-type: none"> • A portion of food from this group every day • Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
FOODS HIGH IN FAT, SUGAR AND SALT	<ul style="list-style-type: none"> • No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (<i>applies to food served across the whole school day</i>) • No more than two portions of food which include pastry each week (<i>applies to food served across the whole school day</i>) • No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>applies to food served across the whole school day</i>) • Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food • No confectionery, chocolate and chocolate-coated products, (<i>applies to food served across the whole school day</i>) • Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery • Salt must not be available to add to food after it has been cooked (<i>applies to food served across the whole school day</i>) • Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful. (<i>applies to food served across the whole school day</i>)

HEALTHIER
DRINKS
*applies across the
whole school day*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150mls)
 - 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)
 - 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
 - Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may 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

Appendix 2

Food-based standards for school food other than lunch

Food group	
STARCHY FOOD	<ul style="list-style-type: none"> Starchy food cooked in fat or oil no more than two days each week (<i>applies to food served across the whole school day</i>)
FRUIT AND VEGETABLES	<ul style="list-style-type: none"> Fruit and/or vegetables available in all school food outlets
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	<ul style="list-style-type: none"> A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools (<i>applies across the whole school day</i>)
MILK AND DAIRY	<ul style="list-style-type: none"> A portion of food from this group every day Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
FOODS HIGH IN FAT, SUGAR AND SALT	<ul style="list-style-type: none"> No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated (<i>applies to food served across the whole school day</i>) No more than two portions of food which include pastry each week (<i>applies to food served across the whole school day</i>) No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>applies to food served across the whole school day</i>) No savoury crackers or breadsticks No confectionery, chocolate and chocolate-coated products, (<i>applies to food served across the whole school day</i>) No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit) Salt must not be available to add to food after it has been cooked (<i>applies to food served across the whole school day</i>) Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful. (<i>applies to food served across the whole school day</i>)
HEALTHIER DRINKS <i>applies across the whole school day</i>	<ul style="list-style-type: none"> Free, fresh drinking water at all times The only drinks permitted are: <ul style="list-style-type: none"> Plain water (still or carbonated) Lower fat milk or lactose reduced milk Fruit or vegetable juice (max 150mls) 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) 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

	<ul style="list-style-type: none">• Tea, coffee, hot chocolate <p>Combination drinks are limited to a portion size of 330mls. They may 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</p>
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