



## Brecknock and Torriano Schools Federation Food Policy 2022-2023

Reviewed	Spring 2023
Next Review	Spring 2025
Changes made	Addition of up to date NHS advice, new Eat Well plates including Caribbean and Asian. Addition of Articles from the CRC.

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## Introduction

Torriano and Brecknock Primary Schools have been recognised as Camden Healthy Schools and our food policy meets the Camden Healthy School standards. This policy covers all food provided and consumed in school throughout the school day, including before, during and after school, on school trips and in extra-curricular activities.



### Why is a policy needed?

In Camden, 1 in 5 reception aged pupils and more than 1 in 3 year 6 pupils are overweight or obese and we are committed to helping to reduce and prevent obesity in childhood. As a school we believe that by working in partnership with parents and carers we can play an important role in preventing and reducing obesity through ensuring pupils eat a healthy, balanced diet while at school, learning about healthy eating and cooking and making healthy food choices. We also recognise the important part a healthy diet plays for a child's wellbeing including their ability to concentrate and learn effectively.

The School Food Plan was published in 2013 by the Department of Education and sets out seventeen actions to transform what children eat in schools and how they learn about food. 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 became mandatory in all maintained schools, academies and free schools in January 2015. As a Healthy School we support the School Food Plan and ensure we provide food and drinks that meet the *School Food Standards* and reflect the Eat Well Guide.

### Key Principles

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day

- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

## Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices.

Senior members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meal supervisor, cooks and kitchen staff. Senior Members of staff and Governors liaise with the caterer and food contractor (where relevant) to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS); at breakfast clubs, afterschool clubs, break and lunch.

The PSHE lead in liaison with the Science Lead, is responsible for what is taught about healthy eating and the DT Lead is responsible for the Cooking and Nutrition curriculum.

The lead governor on health and wellbeing ensures the policy and SFS are implemented.

Caterers and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive eating environment.

## How this policy contributes to other policies.

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and making healthy choices is included in the curriculum
Science	Healthy eating and nutrition education is part of the science curriculum
Design and Technology (including Cooking and Nutrition)	We teach the statutory Cooking and Nutrition curriculum for Key Stage 1 and 2 which includes practical cooking opportunities
Equality	We take account of the needs of all our children, including those with disabilities, dietary needs and allergies

## Key Contacts

PSHE Lead: Rosemary O'Brian and Laura Lien

DT/Cooking and Nutrition: Stana Downie and Hannah Neil

Science Lead: Sorrel Evangelou and Kat Branco

## Developing the policy

Lead Governor: Amy McGann

Catering contact: Caterlink

This policy was drafted by the Food Technology Leader and Senior Leadership Team, following advice from Camden's Health and Wellbeing Team and discussed at a staff INSET, which included all the teaching and support staff. Parents and carers and the School Council were also consulted.

We have taken account of national guidance produced by the *Children's Food Trust*, *Change4life*, information from the Department of Health and NHS and the *National School Food Standards*.

## Teaching about healthy eating and cooking in the curriculum

The statutory cooking and nutrition curriculum encompasses the teaching of food and its production, preparation and nutritional value. It is a statutory part of the curriculum for pupils at Key Stages 1 and 2. The main subjects which incorporate the teaching of Cooking and Nutrition include PSHE, science and D & T.

We ensure that pupils are taught cooking every year up to year 6. Each year has at least three opportunities to prepare and cook healthy food, in line with the national curriculum and with an emphasis on hygiene and safety issues. We link teaching about healthy food choices with the school lunch menus and celebrations.

Pupils' learning about healthy eating is monitored and assessed in line with the school's assessment policy through science, PSHE and cooking and nutrition. A review of what is taught includes feedback from staff and pupils. Information about what we teach is on the school website.



## Staff training and support for staff

Staff routinely involved in food preparation and cookery lessons attend training to update their skills, knowledge and understanding in food related issues including food hygiene. Practical cooking lessons are based upon healthy and predominantly savoury recipes. Staff teaching aspects of food with no formal training are supported by those who have. Food is handled and stored safely in line with the Food Standard Agency guidance. The Cooking and Nutrition Lead has level 2 Food Safety qualification and as best practice, all members of staff hold a basic food hygiene certificate. Staff serving food (e.g. breakfast club) also have Level 2 Food Safety.

## Nurturing healthy eaters

There are times when a child may appear to be a 'fussy eater' and can be selective about what they eat, or how they eat. To encourage healthy eating, it is important that the approach towards this behaviour is consistent and essential that all those involved at mealtimes agree and follow the same strategies. For this reason, we ensure we discuss all issues with parents/carers and come up with joint solutions, to ensure that there is a consistent approach at home and in school. We follow the strategies recommended by Camden which include sitting "fussy" eaters with "good" eaters, using praise and non-food rewards for good eating behaviour and not commenting on fussy eating behaviours, staff sitting and eating with children at lunch times and allowing children to serve themselves where possible.

## School Lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the National School Food Standards (SFS) and has achieved the Silver Food for Life Partnership award. Considering the fact taste buds and food preferences change over time and research which shows it can take up to 15 times for a child to decide if they like or dislike a food, we support and promote new recipes and foods being included in school menus. If any changes are requested and made to menus, the school and caterer ensure menus continue to comply with the National SFS.

We encourage parents/carers and pupils to choose school meals, rather than packed lunches, where possible, which ensure pupils receive a nutritious, well balanced hot meal every day. We provide a halal and non-halal option and a vegetarian meal option daily. Vegetarian and medical needs are always met in appropriate ways.

School lunches are promoted to pupils and parents and carers at the start of the school year and on an ongoing basis and we use feedback from pupils on how to make lunch times and the dining hall a positive environment to eat in. Parents and carers are invited into the school to view the dining hall and sample the school food.

A copy of the weekly menu is displayed in the dining hall and communicated to parents/carers and discussed with pupils. A copy is also on display in the dining hall and is available on our school website. We ensure that the menus are visually appealing, enabling pupils to easily choose a healthy lunch and for this reason, staff consistently encourage pupils to eat foods that they have rejected in the past. The dining area has a calm and positive atmosphere where pupils can socialise and enjoy the dining experience.

Staff monitor food choices and encourage pupils to try new foods. The school council regularly gather the views of pupils and give feedback to the cook. Any proposed changes are always in line with the School Food Standards.



Parents and Governors are invited to sample the school lunches and provide the school with feedback on their experience which informs this policy.

We work with families who are eligible for free school meals to encourage them to take this up.

### Food other than lunch

All food other than lunch provided by the school or by an external provider (including at breakfast club, break times and afterschool club) is in line with the School Food Plan guidelines for “food other than lunches” and reflects the healthy eating principles as promoted in the Eatwell Guide.

We also use further guidance supplied by the Camden Health and Wellbeing Team on appropriate foods to provide at these times and base our provision on this guidance.

#### Breakfast Clubs

We provide food and drinks that meet the National School Food Standards for “food other than school lunches” and that reflect the Eatwell Guide, including:

- Fresh, dried, stewed or tinned fruit (in natural juice)
- Vegetables e.g. tomato, mushroom, avocado or spinach
- Porridge, wheat biscuits, popped rice cereal, low sugar muesli or cornflakes
- Toast and rolls
- Semi-skimmed milk
- Low salt and low sugar baked beans
- Reduced-fat spreads, such as olive oil or sunflower spreads

#### Break time

Pupils are permitted to bring only healthy snacks low in fat, sugar and salt to school and on school trips including:

- Fruit
- Vegetables
- Plain, low-fat yoghurt
- Rice cakes

All children in the Early Years and Key Stage 1 receive a free morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for helping to clear up left-over food.

#### After School Clubs

Food and drink provided by after school clubs or brought in by pupils needs to be consistent with the school’s healthy eating messages, meet the National School Food Standards for “food other than school lunches” and reflect the Eatwell Guide.

We ask that pupils do not bring

- Cereal bars\*
- High sugar spreads such as jam, lemon curd, honey, chocolate spread\* and marmite\*\*\*

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets\* \*\*
- Crisps \*\* \*\*\*
- Crackers and breadsticks \*\*\*
- Baked goods such as croissants and brioche \*\*
- Processed meat products such as sausage rolls, scotch eggs, hot dogs and pepperoni \*\* \*\*\*
- Fruit juice or squash which contains added sugar or sweeteners\*
- Fizzy drinks, energy drinks or sweetened milkshakes\*

\*22.5g sugar per 100g is high (5g /100g is low)

\*\*17.5g fat per 100g is high (3g /100g is low)

\*\*\* 1.5g salt per 100g is high (0.3g /100g is low)

Water for all

We want to reduce consumption of sugary drinks and so we are proud to be a water only school. This means water and milk (nursery and reception) are the only drinks allowed to be consumed outside of mealtimes (lunch and break times). In compliance with the National School Food Standards, we provide for all pupils during school meals.

If pupils bring in a sugary drink, they will be asked to take it home and we talk to parents and carers to remind them of the food policy.

We have water fountains at various locations throughout the school grounds and pupils are encouraged to drink water regularly throughout the day and have individual reusable water bottles in class. Water is available to staff and visitors in the staff room.

Healthy events, birthdays, cake sales and rewards

We use guidance provided by the Camden Health and Wellbeing Team to support the celebration of birthdays and other events in a healthy way and find healthy alternatives to traditional cake sales.

We want to give pupils the opportunity to celebrate their birthdays and other special occasions. However, in order to reduce the number of foods high fat, sugar and salt that children eat, we ask that parents and carers do not send in birthday cakes or foods that do not comply with our food policy.

If parents and carers want to bring something in to celebrate birthdays and other special occasions, we ask that healthy foods such as fruit are provided as alternative options to cakes and sweets, however as we value equality for all, there is no expectation that parents/carers should provide food on birthdays. We celebrate birthdays with a special papier mache cake, favourite songs, games and stories and other activities to help make children feel special on their birthday.

We have a few fundraising opportunities throughout the year and limit cake sales to no more than one per half term. A healthy alternative is provided at all cake sales.

We believe it is important for pupils to learn about cultural celebrations and food often forms an important part of these celebrations. When we hold celebrations, we predominantly serve healthy foods which are low in fat and sugar and include fruit and vegetables. If parents and carers would like to prepare food for a celebration, we ask that healthier cooking methods

such as baking, boiling and grilling are used instead of frying and that mostly savoury foods are provided.

#### Rewards

We do not reward children with food, instead we use praise and non-food rewards such as stickers.

## Food Allergies

As part of our duty of care to all pupils we use guidance from Anaphylaxis Campaign (<https://www.anaphylaxis.org.uk/>) to take a whole school approach to allergy management. Further support and information can be found from Allergy UK ([www.allergyuk.co.uk](http://www.allergyuk.co.uk)) and Food Standards Agency (<https://www.food.gov.uk/>)

To minimise the risk of an allergic reaction it is important a shared responsibility between the child (if age-appropriate), family of the child, school, school caterer, GP and school nurse is taken. As part of this, we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring.

These include:

#### Communication

Firstly, and most importantly, we ask that parents of a child diagnosed with a food-allergy by a health professional e.g., a GP or dietician, make the school aware of the diagnosis in the first instance and this will be communicated to the school nurse and school caterer. It is essential that the school has full details of pupils' allergies and parents are expected to provide updates when there are changes.

Where we know there is a risk of an allergic reaction to foods (e.g. nuts) amongst the children, we will seek advice and may consider asking parents not to put food products which may contain those substances in to packed lunches or any food that is brought into school.

Where Caterlink provides food for schools – Parents/carers will be asked to fill in a form to ensure the caterer/Caterlink have the necessary information to cater for their child.

#### Individual management plan development

We work with parents to develop an individual management plan that accommodates the child's needs throughout the school day. The plan is communicated to all school staff and staff are aware of and look to minimise any potential triggers.

The child's management plan is reviewed annually or following the event of a reaction occurring (whichever occurs first).

All medication is clearly labelled with drug name, the child's name, date of birth and the expiry date and instruction how to administer medication.

#### Training and education

All staff are appropriately trained on minimising triggers and on the management of allergies, including the use of epi-pens.



We make pupils aware that some children suffer from allergies and educate on the health effects and impacts of allergies and how pupils can minimise triggers. This includes not

## Partnerships with parents and carers

children to share or swap foods.

We inform and involve parents and carers about healthy eating, including the food policy and packed lunch policy, through coffee mornings, the school website and newsletters. The partnership of home and school is critical in shaping how children behave, particularly where health is concerned. Each helps to reinforce the other. As a school we always aim to lead by example and thereby provide a consistent message around healthy eating and we encourage parents and carers to do so as well.

We ask that parents and carers follow the school's packed lunch policy both for school lunches and for school trips.

Parents and carers are given information about and encouraged to participate in the annual National Child Measurement Programme (NCMP) that measures the weight of children in Reception and year 6. Where needed we give information to parents and carers about where they can get advice and support for achieving and maintaining a healthy weight and we make referrals to external support services in line with our referral system when necessary.

We offer *Camden's Families for Life Programme* - family learning workshops for children aged 2-11 years on healthy eating, physical activity and cooking. We also promote healthy eating workshops for parents and carers with children under 5, through our own workshops, the Children's Centres and nurseries.

Parents and carers are made aware that we are a healthy school through the prospectus, school website and regular newsletters and how our approach to healthy eating is in keeping with this.

## Monitoring Food provision

Camden Council is responsible for the quality of the food provided for school meals in schools that use the Camden's school meals contractor. In addition, the school gathers feedback from pupils, parents and carers and staff about healthy eating and food provided as part of an annual review. The results are used to evaluate the impact of the food policy and to further improve the school meals and food provided throughout the school day.

We monitor food waste when appropriate and take relevant measures to reduce food waste. We regularly run a Food Waste Café to educate our children about sustainability and food waste.

## Disseminating the policy

A full copy of this policy is available to parents and carers on request and is on the school website. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in supporting the curriculum. Aspects of the policy are included in the prospectus. The policy is included in the

- Staff Handbook
- Governor Handbook
- School Website

Appendix 1: Packed lunch policy

Appendix 2: Eatwell Guide

Appendix 3: NHS lunch box guidance for parents/carers

## Appendices:

### Appendix 1: Packed Lunch Policy

#### Aim

To ensure that all packed lunches brought from home and consumed in school hours (or on school trips) provide pupils with healthy and nutritious food that is in line with The School Food Standards.

#### Why was the policy produced?

- To make a positive contribution to pupils' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.
- To reflect NHS guidance <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

#### Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, soya products every day.
- Only water, (pure fruit juice containing no added sugar, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted).
- If a pudding is included, we ask that it is fruit based, this is in line with the fruit-based pudding that children with school meals receive, examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit-based crumbles.

Packed lunches should not include:

- Salted snacks such as crisps.
  - Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread and sweets.
  - Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
  - Fizzy or sugary drinks
- \* \*22.5g sugar per 100g is high (5g /100g is low)

Special Diets and allergies

The school recognises that some pupils may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents and carers are asked to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents and carers are encouraged to bring packed lunches in reusable plastic containers which are labelled with children's names, rather than disposable plastic bags and bottles. Foods are at risk of harmful bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

Monitoring packed lunches

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on providing healthy packed lunches. If pupils consistently bring packed lunches that do not meet these guidelines a letter will be sent home along with a copy of this policy.

Sharing this policy

Key information from this policy will be incorporated into the following documents

- School Handbook / Prospectus
- Staff Handbook
- Governor Handbook
- School website

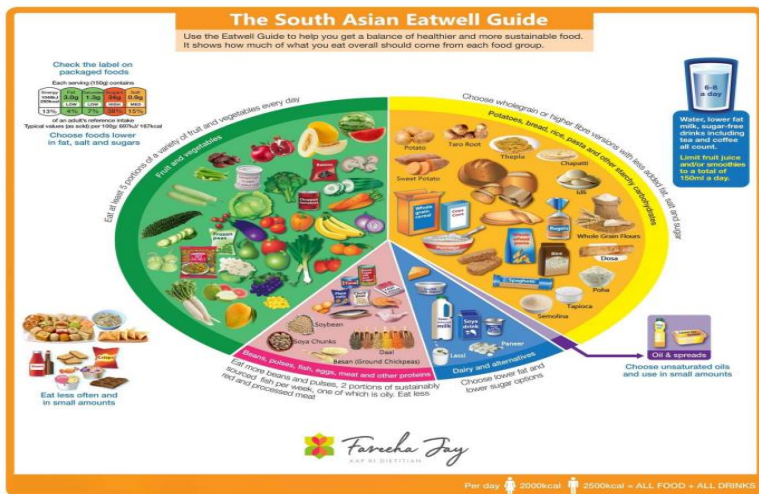
A full copy of this policy is freely available to parents on request and a summary is on the Parent's notice board. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

## Appendix 2: Eatwell Guide

<https://www.gov.uk/government/publications/the-eatwell-guide>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

The Eatwell Guide shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.





Appendix 3: NHS advice for healthy lunches. <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/#swaps>

# MAKING A HEALTHY PACKED LUNCH

JUST FOLLOW THESE 5 SIMPLE STEPS

**TOP TIP:** Keep your lunch cool. Use a cool bag, pop in a frozen drink or ice pack.



## STEP 1. BEGIN WITH A STARCHY ENERGY FOOD

Choose from:

- Sliced bread
- Pitta bread and wraps
- Chapattis and roti
- Bread rolls and bagels
- Soda bread



- Pasta, couscous, rice, noodles or potatoes

**TOP TIP:** For longer lasting energy, choose wholemeal and wholegrain varieties.

## STEP 2. ADD A HEALTHY FILLING TO HELP YOU GROW



Such as:

- Chicken, turkey or ham
- Fish (fresh or tinned) - tuna, pilchards, sardines, mackerel, salmon
- Lower fat cheeses such as cottage cheese, edam, mozzarella, reduced fat cheddar
- Beans and pulses
- Egg
- Hummus
- Dahl

**TOP TIP:** When choosing a meat filling, go for lean options.

## STEP 3. AND REMEMBER THE SALAD!



Try:

- Tomato
- Cress
- Beetroot
- Shredded lettuce
- Grated carrot
- Cucumber
- Sweet corn
- Celery
- Peppers
- Avocado

**TOP TIP:** Add a rainbow of colours to give you lots of different vitamins.

## STEP 4. INCLUDE DAIRY PRODUCTS FOR GROWING BONES AND TEETH



Try:

- Milk
- Cheese
- Calcium fortified soya products
- Fromage frais
- Low fat rice pudding
- Unsweetened, fat-free yoghurt

**TOP TIP:** Semi-skimmed or skimmed milk, low fat yoghurts and reduced fat cheese are best.

## STEP 5. DON'T FORGET TO ADD FRUIT AND VEGETABLES TO KEEP YOU HEALTHY & STRONG



Try:

- Fresh fruit such as apples, bananas, pears, melon pieces
- Small box of dried fruit such as raisins, apricots, pineapple
- Cherry tomatoes, grapes, carrot and cucumber sticks, slices of pepper or celery
- Fruit salad - tinned in natural juice or fresh

**TOP TIP:** Enjoy a variety of seasonal fruit and vegetables.

## REMEMBER: IT'S IMPORTANT TO DRINK PLENTY OF FLUIDS, ESPECIALLY WATER



## THE change4life SNACK SWAPPER



High in fat/sugar/salt:

- Chocolate biscuits
- Cakes
- Chocolate
- Crisps
- Fizzy cola
- Sweets

Healthier option:

- Rice cakes, unsalted or unsweetened popcorn
- English-style breakfast muffin, fruit scone
- Banana
- Rice cakes, breadsticks with lower fat cream cheese
- 100% fruit juice, or 100% fruit juice with fizzy water
- Handful of dried fruit, such as raisins

Try to vary your packed lunch every day. For more healthy tips, see [www.nhs.uk/change4life](http://www.nhs.uk/change4life)