



Whole School Food Policy April 2017

Introduction

The Headteacher and Governors are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. We wish to maintain the National School Standards and our whole food policy is designed to create a school environment in which children thrive. This will be achieved by a whole school approach to food and nutrition.

The school actively supports healthy eating and drinking throughout the school day.

Aims

School aims to ensure that:

- Pupils can make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day
- All aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to our school
- Healthy School Week - annual event in school with fruit and veg taster sessions and holding food related competitions.
- Cooking lessons are part of the curriculum and after-school cookery club established. Food and nutrition is taught at an appropriate level throughout school.

School Lunches

Hot school lunches are provided by North Kesteven Kitchen. Meals are provided free of charge to pupils in reception, year one and two - parents of nursery age children are able to purchase a school lunch for their child at a cost of £2.20. Currently in excess of 120 meals are served each day. Reception and nursery children are served seated at the table at 11:45 am. Year one and two children line up and collect their meals canteen style at 12:00 and 12:10 pm. A vegetarian option is available every day. The kitchen complies with current school food standards and follows the following guidelines:

Fruit and vegetables - one or more portions of vegetables or salad, and one portion of fruit per day. At least three different fruits and three

different vegetables each week. A dessert containing at least 50% fruit two or more times each week.

Meat, Fish, Eggs, Beans and other non-dairy sources of protein - a portion of food from this group each 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 no more than once a week.

Starchy Food - one or more portions every day, three or more different starchy foods each week, one or more wholegrain variety of starchy food each week, starchy food cooked in fat or oil no more than two days each week and bread to be available every day.

Milk and Dairy - a portion of food from this group every day, milk available for drinking at least once a day

Salt is not available or added to food.

No more than two portions a week of food that has been **deep fried, batter or breadcrumb coated**

No more than two portions of food which include **pastry** each week

No confectionery, chocolate and chocolate-coated products

Free fresh drinking water is available at all times

The School Meal Provider (North Kesteven Kitchen) informs school of the portion size (appropriate for infant school children) of all their meals.

School encourages parents to provide children with healthy packed lunches for those parents and carers who choose to provide these.

Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar such as crisps and sweets at break-time and a piece of fruit or vegetable is provided daily under the 'fruit in school' scheme.

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special

diets are submitted accordingly. School office holds recipe matrix for all meals provided listing allergens in food.

Children with known allergies (e.g. lactose/wheat/nuts) have specific meals provided in separate containers. Each container is clearly labelled. MSA staff are made aware of which children have allergies. If school has a pupil with a life threatening allergy (e.g. to nuts) advice from parents/school nursing staff would be taken and appropriate measures introduced (e.g. sits separately with children who only have nut free food). Staff trained in the use of an epipen.

Milk

From 1 January 2015 lower fat or lactose reduced milk is available to children who want it once a day during school hours - this is offered free of charge to all pupils.

Breakfast Club

Breakfast is an important meal. The school operates a breakfast club that provides a nutritious meal for pupils before the start of the school day. Our popular, well established club runs daily for parents requiring this service at a cost of £1 per day (funded for pupil premium and identified pupils). Club times 8 am - 8:50 am. Two members of school staff run the breakfast club who have undertaken food hygiene training.

Drinking Water

Children are encouraged to drink plenty of water and drinking water is available to all pupils throughout the day.

Food Safety

Appropriate food safety precautions are taken when food is prepared, stored or served. Food handlers undergo Level 1 Food Safety Awareness training and suitable equipment and protective clothing is worn (tabards, gloves, hair nets and trilby's). The wearing of jewellery is restricted to avoid contamination of food. Staff are aware that if they are unwell they do not serve food - particularly if they are suffering any food poisoning symptoms. All food handlers wash hands before serving food, currently in the staff room but in future there will be provision close to the serving

point. Staff are aware that sanitiser alone is not sufficient without thorough hand washing prior. Gloves are then worn to serve food.

Food is delivered in metal containers inside polystyrene insulated containers to maintain the heat. Food temperature is recorded in a log book first by NK kitchen before it leaves and again by school before serving. Food must be around 75 degrees - if not a phone call would be made to the kitchen for advice on what to do. Temperature is taken using a probe thermometer that is sanitised with probe wipes before and after use and the probe is calibrated weekly. A spare temperature probe is kept in school.

Year one and two children help themselves to bread and prepared fruit that is kept covered until collected to reduce the risk of contamination by the pupils from coughing/sneezing/touching.

Caterers and school are inspected by the Environmental Health department according to legal requirements.

Review of policy

The policy is to be reviewed annually and seen and signed by all staff who handles food.

This policy was agreed by the Governing Body of The Lancaster Infant and Nursery School

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