



Poole High School

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WHOLE SCHOOL FOOD POLICY

Staff Link:	Mr. D. Newman	Date:	May 2019
Governor Link:	Mr. J. Hart	First Review:	Dec 2021
		Subsequent Reviews:	Annually

RESPONSIBILITIES OF OUR SCHOOL

The school is dedicated to providing an environment that promotes healthy eating and enabling students to make informed choices about the food they eat.

This policy will cover:

- School meals
- Non-school packed lunches
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum

SCHOOL MEALS

The school and the catering staff must meet the nutritional standards for school meals. The following food groups must be offered as part of the school meal:

<p>Fruits and vegetables This includes fruit and vegetables in all forms (fresh, frozen, canned, dried or as juice)</p>	<ul style="list-style-type: none"> ● Not less than two portions per day per child, at least one of which should be salad or vegetables, and another should be fresh fruit, tinned fruit or fruit salad ● A fruit based dessert should be provided at least twice per week.
<p>Meat, fish and other non-dairy sources of protein These sources include: meat (including ham and bacon); fish (fresh, frozen or canned); eggs; nuts; pulses, and beans</p>	<ul style="list-style-type: none"> ● A food from this group should be available on a daily basis ● Meat or poultry should be available 3 days per week ● Fish should be available twice per week. Oily fish a least once every 3 weeks
<p>Manufactured Meat Products</p>	<p>Manufactured meat products may be served occasionally as part of school lunches provided that they:</p> <ul style="list-style-type: none"> ● Meet the minimum meat content levels set out in the Meat Products (England) Regulations 2014 ● Contain none of the following: brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, and udder.
<p>Starchy foods These include: all bread, pasta, noodles, rice, potatoes, sweet potatoes, millet, and cornmeal</p>	<ul style="list-style-type: none"> ● A food from this group should be available on a daily basis ● Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week

	<ul style="list-style-type: none"> ● For every day that oil is used, a product must be available for which fat or oil has not been used. ● Bread should be available daily.
Deep fried products	Meals should not contain more than two deep fried products in a single week. This includes products deep fried as part of the manufacturing process
Milk and dairy foods Includes: milk, cheese, yoghurt (including frozen and drinking yoghurt, fromage frais) and custard	A food from this group should be available on a daily basis
Drinks	The only drinks available should be: <ul style="list-style-type: none"> ● Plain water (still) ● Milk (skimmed or semi-skimmed) ● Pure fruit juices ● Yoghurt or milk drinks (with less than 5% sugar) ● Drinks made from combinations of those in bullet points 1 to 4 on this list (e.g. smoothies) ● Low calorie hot chocolate ● Tea and coffee
Water	There will always be easy access to free, fresh drinking water via water fountains or jugs
Salt and condiments	Table salt should not be made available. If made available, condiments should only be available in sachets.
Confectionary and savoury snacks	Confectionery, chocolate and chocolate-coated products, shall not be available at lunchtime. The only savoury snacks available should be nuts and seeds with no added salt or sugar

The school will use theme days/weeks to promote the use of the canteen e.g. bonfire night, Halloween or St Patrick's Day.

Special dietary requirements

We will provide, where required, food to match individual student requirements. Notice will be required.

The school will provide a vegetarian option on a daily basis and, where required, a vegan option.

Food allergy and intolerance

Individual care plans are created for students with food allergies. These document symptoms and adverse reactions; actions to be taken in an emergency, and emergency contact details.

The canteen will be made aware of any food allergies/food intolerance, and requests for special diets should be submitted as required

Food safety

Appropriate food safety precautions are taken when food is prepared and stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training, and that suitable equipment and protective clothing are available. Any food hazards are identified and controlled.

All staff involved in the preparation of food or meals will have attained a recognised level 2 award in food safety.

Non-school packed lunches

The school will always promote the benefits of a well-balanced school meal for students. However, if parents decide to send in a packed lunch from home the school will promote the recommended guidelines set out by the British Nutritional Foundation.

A child's lunch should include the following:

- A portion of starchy food
- Fresh fruit and vegetables
- A portion of milk or dairy food
- A small portion of lean meat, fish or alternative
- A non-carbonated drink

Breakfast Club

Breakfast is an important meal that should provide 25% of a student's energy requirement and contribute significantly to their vitamin and mineral requirement.

The school operates a Breakfast Club that provides a range of nutritional items before the start of the school day.

Environment

The school will provide a clean, sociable environment, indoors and out, for students to eat their lunch. Whilst doing so, the school will ask students to adhere to the following:

- When in the canteen students must sit at a table to eat their food
- All litter must be put in the bins provided, or taken home
- All tables must be clear when the students leave
- Duty staff will deal with any students who have concerns, or cause concern during meal time

Use of food as a reward

The school will not encourage the regular consumption of sweets, or other foods high in sugar or fat, especially as a reward for good behaviour or other achievements. Other methods of positive reinforcement will be used in the school.

Healthy eating as part of the curriculum

The school will include work associated with healthy balanced diets in its curriculum. This will include:

- The components of a healthy diet
- The importance of healthy eating
- Extra-curricular activities including:
 - After school cookery clubs
 - Caterer talks about changes in the school menu and nutritional standards

The school will ensure that the catering manager and student welfare officer 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.

Fairtrade

Our school is committed to supporting, using, and promoting Fairtrade, wherever possible. We believe that Fairtrade can make a difference to the lives of young people throughout the world by improving living and working conditions for the people who grow the things we buy.

Our school will use Fairtrade products around the school wherever possible:

- in the staffroom, at meetings and events we run in school, or in the community
- ingredients in cookery lessons
- in the canteen and catering outlets