

Healthy Food

Key Document Details

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Introduction

This policy covers all food provided and consumed in school including before, during and after school, on school trips and in extra-curricular events.

Why a policy is needed

At The White Horse Federation (TWHF) we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the child's school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

We aim to

- 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 discouraging 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 actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices.

Caterers are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment.

Caterers will work with the Senior Leadership Team in delivering practical food education on healthy eating, its production, preparation, and cooking in the curriculum areas of Science, PHSE (Personal, social, health and economic) and Religious education.

This school policy takes account of national guidance produced by the School Food Plan, Children's Food Trust, Change4life and information from the Department of Health and NHS.

School lunches

All our school meals are provided by a contracted caterer, who acts in accordance with the food-based standards.

A copy of the menu is on display in the reception area, the school website and a paper copy is sent home every term where the menu is not displayed on ParentPay. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents about this. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take this up. Class teachers join their pupils periodically for meals and use this to monitor and encourage healthy eating as well as develop their personal and social skills.

Packed Lunches, please see 'Appendix A: Packed lunch policy'.

Snacks

All children in Reception, Year 1 and Year 2 will receive a morning break time snack of fruit or vegetables. Year groups 3-6. Only healthy snacks are allowed at break time. Fizzy drinks, cakes, biscuits, sweets,

crisps and chocolate bars are not allowed in school.

Breakfast club and after school clubs (Primary)

Where Breakfast club is offered, we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and paid after school care is healthy and in accordance with the food-based standards. We request that any food brought onto the school premises by pupils to after school care is consistent with the guidance given in the packed lunch policy and conforms to the school food standards for food other than lunches.

Food and drink offered at Breakfast / After School Club:

- Milk, 150ml Fruit Juice, Water, Tea, Hot Chocolate, Smoothies
- Bread based items such as toast, crumpets, bagels, pitta bread, wraps, malt loaf and fruit bread
- Yoghurts
- Cereals
- Fruit including, fresh, tinned, dried and fruit juice
- Vegetable sticks and dips
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Water for all

During school mealtimes only drinks which comply with the food-based standards may be consumed including water, fruit juice and milk. Children are encouraged to drink water regularly throughout the day and have water bottles in class. Cooled water is available to staff and visitors in the staff room.

Nut allergies

All The White Horse Federation Schools are nut free zones however we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts in packed lunches or any other food brought into the school. Parents are asked to inform the school office immediately if their child has a nut allergy; school will produce, in conjunction with the school nurse, an individual management plan for the child.

Monitoring food provision

The White Horse Federation is responsible for ensuring the quality of the food offered for school meals, as part of the contract with the catering provider. The caterers will consult annually with pupils, parents and carers and staff and involve them in reviewing the school meals. The results will be used to evaluate the impact of the food policy and to further improve the school meals. The caterers will monitor food waste and will take relevant measures to reduce food waste.

Appendix A: Packed lunch Policy

The White Horse Federation aim for every child to eat a healthy packed lunch and will encourage parents to follow the guidelines as outlined below.

Why was this policy formulated?

- To make a positive contribution to children's health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by schools which must adhere to national food standards set by the government.
- To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with the food-based standards.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day, aim for wholegrain varieties where possible.
- Dairy food such as milk, cheese, yoghurt, fromage frais, soya products everyday
- Only water, pure fruit juice, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted
- A pudding, for example: a fruit salad, tinned fruit, yoghurt or custard, fruity rice puddings (e.g. Muller Rice), fruit smoothies, fruit based crumbles, one small biscuit/cake, such as a cookie, flapjack or cake bar; this is in line with a school meal dessert
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

Packed lunches should not include:

- Snacks such as crisps. Instead, seeds, vegetables and fruit (with no added sugar or fat). Confectionery such as chocolate bars, chocolate spread, sweets and chewing gum are not allowed
- Meat products such as sausage roll, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in 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/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/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad 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

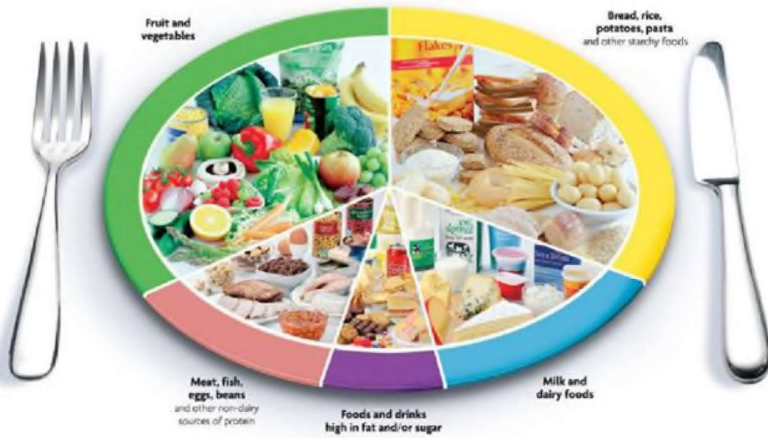
To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

References:

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847621/School-Food-Standards-Guidance-FINAL-V3.pdf

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



A healthy balanced lunch in 5 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chick-peas.



2. Add a piece of fruit and add salad to a sandwich or eat vegetable sticks as a snack.



3. Add a little protein to sandwiches or salad.



4. Include yoghurt or cheese as a snack.



5. Pack water.

