



School Food Policy

Applicable to:	✓	Astley Community High School
	✓	Seaton Sluice Middle School
	✓	Whytrig Middle School
Approval body:	Pupil Support Committee	

Status:

Statutory policy or document	No
Review frequency	Governing Body to determine
Approval by	Governing Body to determine

Publication:

Statutory requirement to publish on school website	No
Agreed to publish on school website	Yes

Review:

Frequency	Next Review Due
Every three years	Spring 2027

Version Control:

Author	Creation Date	Version	Status
Business Manager (BW)	2 January 2020	0.1	Initial draft based on various examples from other schools
Changed by	Revision Date		
Business Manager (BW)	10 January 2020	0.2	Updated to incorporate feedback from relevant staff
Business Director (BW)	22 January 2024	0.3	Further updates following feedback from relevant staff
Business Director (BW)	22 February 2024	0.4	Minor revisions and clarifications
Business Director (BW)	7 March 2024	0.5	Update to 7.1 following review by Heads of School
Business Director (BW)	18 March 2024	1.0	Final approved version for publication

1 Background

- 1.1 Across the Seaton Valley Federation, we know what students eat and drink at school is important. We aim to have a federation where the teaching and learning about food and nutrition that occurs in the curriculum fully supports and is supported by the provision and opportunities for eating and drinking within the federation.
- 1.2 We acknowledge the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards. We also acknowledge that we as a federation can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

2 Aims

2.1 We aim to:

- ensure that all aspects of food and nutrition promote and support the health and wellbeing of students and staff
- meet the mandatory standards for school lunches and other food served throughout the school day
- equip students with the skills, attitudes and knowledge to enable them to make informed choices about food throughout their lives
- ensure equal access for all to healthy food and drink and appropriate nutritional education
- increase the uptake of students having paid meals and to increase the uptake of free school meals by students entitled to them

3 Objectives

3.1 We will meet our aims by:

- reviewing and documenting the curriculum, ensuring that information relating to food and nutrition in different lesson areas is delivered in a consistent and up to date format
- ensuring that the menu on offer is attractive to students in order for them to make informed choices
- ensuring that students are well nourished at school, and that everyone has access to safe, tasty and nutritious food served in an enjoyable environment
- ensuring that all students have access to free drinking water within school
- ensuring that food provision in school reflects the ethical and medical requirements of the school community
- providing appropriate and attractive facilities for students eating packed lunches
- working with parents to ensure that packed lunches meet the standards listed within this policy
- ensuring that the teachers with responsibility for food within the school curriculum have basic food safety and hygiene training and continue to update their skills, knowledge and understanding of food related issues
- introducing and promoting practices across the federation to reinforce these aims and removing or discouraging practices that negate them

4 Catering service standards

- Menus, prices and allergen information will be clearly displayed and where possible will contain nutritional information.
- Menus will adhere to statutory nutritional and school food standards.

- Menus will reflect customer preferences (e.g. vegetarian, vegan and plant-based diets) and cultural, religious and special dietary needs.
- Customer feedback will be encouraged and, where possible, changes will be made to increase customer satisfaction.
- The food served will take account of any relevant food issues.

5 Catering service commitments

- The kitchen and serving areas will be kept clean and tidy at all times.
- The catering team will be suitably trained and hold an appropriate recognised qualification in food safety and hygiene.
- The catering team will be clean and tidy in appearance and will be courteous to all customers.
- The catering team will adhere to the service times agreed by the Senior Leadership Team.
- The catering team will provide advice and guidance on suitable menu choices where required.
- Students entitled to free school meals will be treated with sensitivity and anonymity through the biometric payment system.

6 Healthy eating statement

6.1 We are fully committed to following the [Standards for School Food in England](#).

6.2 As a federation, we share the desire to improve the health and welfare of all students and the federation's catering service is an integral part of this development.

6.3 We will ensure that the food products and meals provided:

- are balanced, with appropriate proportions from each of the main food groups
- are lower in fat, salt and sugars whenever possible
- comply with the School Food Standards

6.4 We therefore aim to:

- use less fat in cooking
- bake foods as opposed to frying
- use fats and oils high in polyunsaturated fats
- reduce sugar in recipes
- not use salt in cooking processes
- increase the amount of foods containing fibre

7 Packed lunch healthy eating guidelines

7.1 Where students opt for packed lunches as an alternative to school lunches we encourage parents to include:

- at least one portion of fruit and one portion of vegetables every day
- meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel) every day
- oily fish, at least once every three weeks
- a starchy food, such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal, every day
- a dairy food, such as milk, cheese, yoghurt, fromage frais or custard, every day

- a drink of water, fruit juice or smoothie (maximum portion 150 mls), milk (semi-skimmed, 1% fat or skimmed), yoghurt or another milk drink, every day

7.2 Our recommendation is that packed lunches can **occasionally** include:

- meat products such as sausage rolls, individual pies, corned meat and sausages
- cakes and biscuits, but these should be considered as part of a meal

7.3 Ideally, packed lunches should **not** include:

- salty snacks such as crisps - instead, include seeds, vegetables or fruit with no added salt, sugar or fat
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar', as these drinks can contribute to tooth decay and provide little nutritional value)
- energy drinks

7.4 Sharing of food between students should be discouraged.

8 Nut allergies

8.1 There are several students in our schools who have suffered from an airborne allergic reaction to nuts in the past. It is not just eating nuts that can cause a severe reaction, just being touched on the skin or smelling the breath of someone who has had nuts or a product containing nuts can trigger anaphylactic shock (which can cause breathing and swallowing difficulties and is potentially fatal).

8.2 The federation has a duty of care to all students and therefore needs to have procedures in place to minimise the risk of a reaction occurring in a food-allergic child. As such, we aspire to be a nut-free federation of schools, and we ask all members of the school community to support this aspiration by ensuring that nut products are **never** brought into school, whether in packed lunches or as snacks. This also includes events/fairs and treats which are brought in on special occasions.

8.3 Examples of items containing nuts which should **not** be brought into school include:

- peanut butter sandwiches
- chocolate spreads
- cereal bars
- some granola bars
- cakes that contain nuts
- biscuits or cookies that contain nuts
- peanut butter cakes
- some Asian food, including satay
- sauces that contain nuts

8.4 This list is not exhaustive, so please check the packaging of products closely.

9 Catering service training and development

9.1 We are committed to meeting the training and development of all our staff in order to achieve our business objectives and the objectives of this policy. We will ensure that:

- all catering staff receive induction training
- all catering staff receive basic health and safety, fire safety and manual handling training
- all catering staff are trained to at least Level 2 in Food Safety and Hygiene in Catering
- the Catering Manager is trained to Level 3 in Food Safety and Hygiene for Supervisors

10 Food hygiene

- 10.1 The federation's catering service aims to provide its customers with a high quality service and high quality food products, and in doing so will carry out food handling activities to the highest hygiene standards.
- 10.2 We accept we have a legal duty to comply with the Food Safety Act 1990 and the Food Safety General Food Hygiene Regulation 1995 and all other subordinate legislation. We expect all suppliers to also have such a philosophy.
- 10.3 We accept we have a legal duty to operate and maintain a Hazard Analysis and Critical Control Point system.

11 Purchasing

- 11.1 We are committed to purchasing high quality ingredients from suppliers who comply with the School Food Standards. Where possible we aim to purchase from local providers.
- 11.2 We will continue to place great emphasis on customer response to new products and we will liaise and consult with students and staff to ensure acceptable quality.

12 Customer feedback

- 12.1 Our catering can only improve if we are able to react promptly to customer needs. We will continually seek the views of students, staff and parents, whether they use the federation's catering service or not.
- 12.2 We will:
- conduct regular student, staff and parent satisfaction surveys
 - encourage students to provide constructive feedback on the catering offer (including suggesting menu items) and their customer experience
 - attend parents' and open evenings to promote the catering service

13 Pricing

- 13.1 Our pricing policy will be as follows:
- All students will have access to a fairly priced hot or cold meal every day.
 - The free school meal allowance will be the recommended allowance from Northumberland County Council, so that a student in receipt of free school meals can purchase a two-course main meal.
 - Prices will be simplified as much as possible across the range of items on offer.
 - Where possible, healthier items will be priced more favourably to encourage students to increase their uptake of healthy foods.

- 13.2 The prices charged to students will be reviewed in April each year so that accurate pricing information can be given to parents and students before the start of the new school year.

14 Monitoring

- 14.1 Catering service compliance with the School Food Standards will be monitored by the Catering Manager and Business Director on a regular and ongoing basis. The Senior Leadership Team will monitor nutritional education within the curriculum on an annual basis.
- 14.2 Student food choices will be monitored and used to inform policy development and provision. Monitoring will occur via a variety of methods such as visual monitoring by lunchtime staff, the biometric payment system, surveys and student feedback.
- 14.3 If a student regularly brings a packed lunch to school that does not conform to this policy then we will contact the student's parents to discuss.
- 14.4 Governors will receive regular reports on compliance with the School Food Standards as well as take-up of school lunches and financial aspects of school food provision.