

Food Policy

Why have a food policy to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school; to make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively and to ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

The policy aims to:

- ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- ensure the provision and consumption of food is an enjoyable and safe experience.
- ensure that the whole school community understands that a balanced diet is recommended.
- increase pupils' knowledge of food production, manufacturing, and their impact on both health and the environment.
- increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, allergies and hygienic food preparation and storage methods.
- ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How the Food Policy is implemented:

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate in and model healthy eating as a valuable part of daily life. It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health.

Curriculum

Personal Social and Emotional Development, Physical Development and Understanding the World will specifically contribute to the curriculum delivery of food education. Dedicated themes such as 'Healthy Living,' 'Ourselves,' and 'People Who Help Us,' will specifically target the role food plays in the lives of children.

Curriculum delivery will involve cooking, food preparation, visits, celebrations, visitors, role play, learning about allergies and will be adequately resourced. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

Foods containing high levels of sugar, fat and salt will be avoided. Unhealthy foods will not be used as rewards. Parents sometimes wish to give out birthday food. This will need to be discussed with staff as children's dietary and allergenic needs change on a regular basis. Usually only commercially produced food, where we can check ingredients, and food prepared in school will be offered. Treats to share, brought in by children as part of birthday celebrations or holidays, will be distributed at the end of the session when children go home. Parents will be made aware that if the food is home-made, that we will need a list of ingredients so that parents of children with allergies can make an informed decision as to whether the food is safe for their child. This ensures that parents/carers take the responsibility for deciding whether or not their child consumes what is offered.

We will continue to be a nut aware nursery which means that food containing nuts will not be accepted into nursery whether or not there is anyone in school with a known nut allergy.

All pupils and staff will have access to water at all times.

Breakfast Club

The food offered is consistent with the school policy, parent wishes and is monitored by the Headteacher.

Snack time

At break times our pupils are offered milk and water and healthy snacks based on fruit and vegetable choices, cheese, cheese biscuits, crackers or breadsticks (no sugar will be offered). This is to ensure that pupils continue their learning prepared and refreshed for learning. Pupils are encouraged to taste and eat new or unfamiliar foods, and staff model good practice at all times. Pupils with allergies are given their own bowl of snack and we will provide suitable treats for them which will be kept in a separate, named, sealed box.

Lunchtime Tractor Club

Children can bring their own lunch boxes to school. Parents are given leaflets with advice on healthy choices and advice on environmental issues. Water or sugar free juice is available. Lunchboxes are monitored by lunchtime staff and any issues shared with the Headteacher and parents. Children are encouraged to eat their sandwiches/protein food first, followed by fruit/vegetables before other options. Independence is encouraged. Appropriate storage arrangements are made. Staff, time and seating arrangements are sympathetic to a positive social eating environment. Parents are consulted on a regular basis as to provision.

Alternatively, children can purchase a hot school dinner, provided by Derbyshire County Council c/o Taddington School kitchens. Guidance on School Catering can be found at the end of this report (Appendix 1). We have also attached the Tractor Club procedures (Appendix 2) for information.

Staff and Visitors

Staff and visitors will be encouraged to uphold the food policy by practical example.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. If home -made food is provided for example sandwiches or cakes at PTFA (Friends of Flagg) events such as the Strawberry Fayre, the school will ask for a list of ingredients to be displayed so that parents of children with allergies can make informed choices.

Community Involvement

At all stages, the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event, Health Visitor sessions on eating issues, leaflets available, visits to local farms, local produce being used in schools, visitors engaged in food industry.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, religious, vegetarian, for appropriate serving and for personal choice within a context of trying new and unfamiliar foods. Parents inform us of any dietary or medical needs and the onus is on the parent to inform school of any changes.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date.

Links

www.foodstandards.gov.uk/multimedia/pdfs/eatwellplatelarge.pdf

www.foodstandards.gov.uk/multimedia/pdfs/feedtoddler0507.pdf

www.foodstandards.gov.uk/multimedia/pdfs/growingchild0607.pdf

www.myschoollunch.co.uk/derbyshire

Food Legislation Pack for caterers 0845 6060667

Appendix 1

Flagg Nursery School

Our school dinners will be provided by Derbyshire County Council and will be prepared in the kitchen at Taddington School. Below is a summary of their guidance for reference.

- **School Catering**

We deliver a service that will meet the standards of the new School Food Plan and the requirements of the new food based Standards from September 2014. Our service is for all maintained nursery, primary, special, secondary schools. We offer high quality food and service, value for money and professional expertise combined with the flexibility to meet individual school needs.

Service provided by Derbyshire County Council - The school meals service will be provided via a Service Level Agreement. School keep the income and we will charge a rate per meal and a fixed cost charge. The aim is to deliver an excellent, flexible catering service that meets the unique needs of your school and all legal requirements.

We are members of the Association for Public Service Excellence (APSE) and are part of the Performance Networks for Education Catering, which carries out regular benchmarking for service improvements.

Menus

Our menus comply with the Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007. Menus are planned in consultation with the primary menu group and checked against the standards using our nutritional software.

We work in partnership with the children and young people's health promotion team to help schools improve the health and wellbeing of their pupils. We cater for pupils with special dietary needs where prescribed by medical or dietetic staff. We are happy to meet with parents or carers to ensure that a pupil's diet is accommodated. The CAYA Catering Service is a member of the Association for Public Service Excellence (APSE) Performance Network for Education catering. Members of our Management Team attend regular meetings, conferences and seminars to ensure Derbyshire is up to date on Industry standards and practice. We also submit annual benchmarking reports and this helps us to continually improve our service and allows us to compare ourselves with other Authorities in the performance network.

Contact us

For further information please contact Tim Blowers, Head of County Catering Service, on **01629 536705** or email tim.blowers@derbyshire.gov.uk

Customer Feedback

We welcome and wish to encourage all feedback. Obviously we are always very pleased to receive positive feedback and ensure that this is acknowledged and used as an example of what our service users enjoy. But equally importantly we are grateful for negative feedback and to be made aware of any issues or areas where it is felt that we have not provided a good service or where we may be able to improve. If you have positive feedback, or if you feel we are failing to provide the level of service you expect please let us know. If you have any queries or wish to discuss any aspect of Catering please do not hesitate to contact the Catering Admin Team on **01629 536704** or at Catering@derbyshire.gov.uk

Appendix 2

Tractor Club Procedures

- Staff arrive at 11.15am to set up tables and chairs, wipe the tables and take delivery of the hot dinners through the chapel door leading to the road. **At this time there will be no children in the chapel building.** Staff complete the temperature probe and record the temperature. The temperature probe record is filed in the little links file. The record of numbers having a school dinner is to be signed off by the head teacher or clerk and is kept in the school dinner file in the office.
- Children come in from the garden at 11.40am, those staying for dinner go and sit on the carpet in the chapel. Those going home go into the classroom with their teachers.
- There will be a minimum of 3 staff in tractor club. Where possible lunchtime staff will also be teaching assistants during nursery sessions to ensure consistency of approach towards behaviour and to ensure that children feel comfortable with familiar staff.
- Children sing songs including the “tractor club song” and go to wash their hands in small groups.
- The little links manager takes the register and files it in the little links file. In the event of a fire the tractor club leader will check the room and toilets to ensure it is empty and take the file outside. The other staff will be responsible for evacuating the children and assembling by the willow dome. If the exit to the link is blocked, we will exit by the roadside door and assemble in the staff car park
- One member of staff serves the dinners and there will be a member of staff sitting at each table with the children.
- When children have finished their dinner they are encouraged to wait for their friends until a majority of children have finished eating.
- Children are asked to go to the toilet and then to choose a book and sit on the carpet, ideally a TA will sit with the children and read with them.
- When a majority of children have finished, 2 members of staff will take the children outside whilst 1 remains to help the remaining children finish their dinner and go to the toilet.
- At 12.45, nursery staff take over and the room is cleared and tidied by one member of lunchtime staff.