



Food Policy

Policy Owner	Terri Burningham / Claire Bailey	
Approved by:	Simone Harrison	Date: 23.6.23
Last reviewed on:	June 2024	
Next review due by:	June 2024	

1. Rationale

At Farndon Fields, we want every pupil to reach their full potential. This policy has been written to give clear guidance to staff, outside visitors, parent and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

2. Food and Drink Provision Throughout the Day

2.1 Food Standards for Schools, maintained nurseries and nursery units attached to schools

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These standards are mandatory for all maintained schools. All academies and free schools are also expected to comply with these standards, and since 2014 is an explicit requirement within funding agreements.

These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunch, tuck shops and after school clubs.

The standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fund raising events
- Rewards for achievement, good behaviour or effort
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils
- Food and drinks provided after 6pm, or during weekends or school holidays

For more information please refer to:

- The DFE Standards for School Food in England (updated 2021)
<https://www.gov.uk/government/publications/standards-for-school-food-in-england>
- The DFE School Food Standards – Resources for schools including a practical guide, checklists , portion sizes and allergy information (updated 2021)
<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>
- The School Food Plan – provides a range of resources including recipes ideas, portion sizes and learning from others <https://www.schoolfoodplan.com/>

For **maintained nurseries and nursery units** attached to primary schools there is a reduced set of standards for food served at lunchtime. Each day, food from each of the categories below must be provided as part of the school lunch:

- Fruit and vegetables (fresh, frozen, canned or dried)
- Starchy foods (bread, pasta, noodles, potatoes, sweet potatoes, yams, millet and cornmeal)
- Meat fish and other non-dairy sources of protein (meat and fish in all forms, plus eggs, pulses and beans)
- Milk and Dairy (milk, cheese, yoghurt, fromage frais, custard)

In addition, for maintained nurseries and nursery units' whole milk, rather than lower fat milk, may be provided. Children under 2 years should only be offered whole milk. Fresh clean free drinking water should also be available for children every day. Very young children in nursery should use a free-flow cup for drinking. Staff should also be aware of serving appropriate portion sizes for children and encourage them to stop eating when they are full.

Maintained nurseries and nursery units are encouraged to consider enhancing their menus to meet the 'Eat Better Start Better Voluntary Food and Drink Guidelines for Early Years Settings'. For more information please refer to: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

2.2 Breakfast

Breakfast is an important meal and contribution towards energy requirements and is an opportunity to provide essential vitamins and minerals.

- For information on the school food standards for breakfast please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf
- For information on breakfast guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better guidelines page 36 and 37: <https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Breakfast is served in Wrap Around Care and is provided by Allstars staff in Wrap Around Care.

We provide the following type of foods/drinks at breakfast

- A variety of different fruits and vegetables e.g. fresh fruit, dried fruit (served in cereal/porridge)
- A selection of fortified low sugar cereals.
- A variety of different types of bread including wholegrain varieties. We choose bread and bread products with a low or medium salt content.
- A variety of different toppings for toast and bread e.g. low fat spread and offer reduced sugar jam occasionally.

- Semi-skimmed milk for drinking or with cereal and low fat (and lower sugar) dairy products such as yoghurt (lower in fat and sugar, plain and unsweetened) or cheese.
- Fresh drinking water

Schools cannot provide the following foods for breakfast:

- Starchy food cooked in fat or oil on no more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

2.3 Snacks

Snacks can play an important part of the diet of children and young people and can contribute positively towards a balanced diet. Snacks provide an opportunity to have 1 of your 5-a-day, as well as include other important nutrients in the diet.

As part of the School Food Standards, schools are only able to provide fruit and vegetables. Dried fruit is offered as a snack on rare occasions when delivered by the Government's school fruit and vegetable scheme. This scheme entitles all children in KS1 to one piece of fruit and / or vegetable per day.

- For more information on snack guidelines for schools please refer to: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Schools cannot provide the following foods as snacks:

- crackers, breadsticks
- cakes, biscuits, pastries, desserts
- chocolate, chocolate coated products, or confectionary, (defined as cereal bars, processed fruit bars, non-chocolate confectionary: such as sweets, fudge, sugar-coated products)
- Starchy food cooked in fat or oil on more than two occasions per week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion per week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)

- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

For more information on snack guidelines for schools please refer to:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist for school food other than lunch.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf)

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that each snack for 1-4 year olds includes:

- A starchy food e.g. toast, pitta bread, rice cakes. With a variety of at least 3 different varieties of starchy food across snack each week.
- Fruit or vegetables as part of some snacks. With a variety provided across the day and week
- No dried fruit, cakes, biscuits or confectionary
- Beans, pulses, fish, eggs, meat or other protein may be provided as part of snack once or twice a week
- Dairy and alternatives. It is best practice to provide three portions of milk and dairy foods each day. One of these can be provided as part of snacks.
- A meal or snack is offered to children at least every 1.5 – 3 hours. This is because children have small stomachs and high nutrition needs as they grow and develop.

For information on snack guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 38 and 39:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Snacks are organised as follows:

- Children in Years 1-6 are offered time to eat snacks (fruit and vegetables from school or snacks brought from home) at morning break time (10:45-11:00)
- Children in EYFS and pre-school are offered snacks as part of the ongoing provision
- Pupils can bring in snacks from home (nut free). Children are encouraged to eat healthily through the curriculum and a range of assemblies. Guidance for parents and carers on healthy snacks via newsletters and, where needed, follow up by class teachers and the Family support Worker.
- Snacks for pupils in pre-school are offered in line with the Better Eating guidelines
- Parents advise of dietary need on enrolment. Class Teachers, supported by the medical lead, ensure pupils eat snacks from home or are only offered safe foods at school

2.4 School lunches

The school lunches meet the statutory school food standards. Lunch is served between 11:45 and 1pm and is provided by Leicestershire Food Services.

In September 2014, the Government introduced universal free school meals for all children from Reception to Year 2.

Farndon Fields Primary School ensures:

- the quality of ingredients for lunches and that the choice of meals is appealing to pupils through regular reviews of the SLA and food provision, supported by Discovery Schools Academy Trust
- that meals meet the needs of the pupils through liaison with LFS dieticians after dietary requests are submitted by parents/carers through the LFS portal
- that parents / carers are encouraged to opt for school lunches for their children through offering tasting sessions to new EYFS families, regularly sharing the menu and special event menus that are publicised through the school newsletter.
- that the lunches meet the statutory school food standards through the use of the local authority provider, with guarantees in their Service Level Agreement.
- that the lunches provided address cultural, religious and special dietary needs including food allergies and medical conditions through the use of the dietary needs portal and selecting a menu that accommodates all cultural and religious needs by including a vegetarian and meat option daily.
- School meals provided to pre-school by LFS meet the Eat Better Start Better guidelines for 1-4 year olds

Schools cannot provide the following foods for lunch:

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)

For maintained nursery schools and nursery units attached to primary schools only, the **Eat Better Start Better** guidelines recommend that lunches include:

- One lunch that only uses pulses or meat alternatives as the protein source for all children
- Restricts the use of pastry to once a week
- Providing small portion sizes on child sized plates. This is because it is better for children to ask for seconds than to serve them too much.

- Children are not praised for finishing the food on their plate. This helps children to recognize when they are hungry and when they have eaten enough.

For information on lunch guidelines for maintained nursery schools and nursery units attached to schools please refer to the Eat Better Start Better Guidelines page 40 and 41:

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

2.5 After school clubs

For information on the school food standards for after school clubs please refer to:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/996114/Checklist_for_school_food_other_than_lunch.pdf

Afterschool club food is served at 4:15pm and is provided by Allstars WAC staff.

We provide the following foods/drinks at afterschool club as a lighter meal provision

- a variety of different fruits and vegetables e.g. fresh fruit and vegetables
- a variety of small snacks e.g. one slice of bread/toast with a healthy topping
- a range of light meals across the week that are focused on being nutrient dense eg: baked beans, Bolognese, mini-pizzas made by the pupils using fresh, healthy ingredients
- fresh drinking water

Schools cannot provide the following foods for after school club

- Starchy food cooked in fat or oil on no more than two occasions (previously days instead of occasions) each week (applies across the whole school day across all food provision)
- A meat or poultry product on more than one occasion each week (applies across the whole school day across all food provision)
- No more than two portions of food that has been deep fried, breadcrumb coated each week (applies across the whole school day across all food provision)
- No more than two portions of food that include pastry each week (across the whole school day across all food provision)
- No confectionary (includes cereal bars and processed fruit bars), chocolate, chocolate coated products, cakes, biscuits, pastries, desserts.

Parents / carers are advised of the food provision in Wrap Around Care when the registers and sign up to use the provision. This enables them to ensure their child is receiving adequate food/nutrition across the whole day.

2.6 Drinks

Water is available for all pupils throughout the day, free of charge. Children are able to refill water bottles easily and are actively encouraged to drink water regularly throughout the day.

Lower fat milk is available for children at least once a day in addition to before and after school clubs through the cool milk scheme (all under 5s and as a subscription for older children, with the school funding milk for pupil premium children).

Other than milk provision once per day, as required by the School Food Standards, we are currently operating as a 'water only' school for all children of reception age and older during the school day (this is optional but recommended) and following the toolkit below.

<https://www.london.gov.uk/what-we-do/health/healthy-schools-london-0/water-only-toolkit>

We do not provide any other drinks including fruit juice, squash, flavoured water, soft drinks, fizzy drinks and smoothies due to the sugar content, preservatives, colourings, flavourings and sweeteners.

3. Menu Development and Consultation

Our school engages with key stakeholders before implementing any menu changes and these include:

- Healthy Schools Lead
- Catering company/provider including the catering company nutritionist/dietitian
- Parents / carers
- Catering staff at school including chefs and lunchtime supervisors
- Person responsible for budgeting
- Teacher and teaching assistant representation
- Trust representatives

Our school ensures that the pupil's voice is heard when reviewing our food and drink provision. The group that represents our pupils is the school council.

4. Food and Drink brought into school and parent engagement

4.1 Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt (unsweetened, low/medium sugar) and low/medium fat for children aged 5+, any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Processed meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice: no more than 150mls per day (restricted to children aged 5+)

DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks, carbonated drinks

For more information and practical tips for children aged 5 years and above:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
<p>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)</p>	<p>White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.</p>
<p>At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)</p>	<p>Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.</p>
<p>A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)</p>	<p>Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*</p>
<p>A portion of dairy or an alternative (can be included as part of lunch and/or tea)</p>	<p>A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.</p>
<p>Desserts, cakes, biscuits and crisps</p>	<p>Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.</p>
<p>A drink</p>	<p>Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.</p>

For more information and practical tips for children aged 1-4 years old:

<https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed+lunches+Dec17.pdf>

- Information about healthy lunches is incorporated into newsletters
- Lunchtime staff have oversight of packed lunches. Where a packed lunch does not meet healthy requirements, the class teacher will liaise with the parents / carers. If nut products are brought into school, they will be removed as there are children with severe nut allergies in the school.

- Every year group has a storage trolley / box for packed lunches. These are brought to the dining hall prior to the lunch service.
- Children who have packed lunches use the same dining hall space as pupils who take school meals. These two groups are mixed together in the dining hall.

5. Breastfeeding and Healthy Start

We have a supportive breastfeeding environment. Breast milk is the ideal source of nutrition for infants for at least the first year of life. Mothers are welcome to breastfeed (or express breastmilk) and a secluded space will be provided, if required. We can direct mothers to where there can access further breastfeeding support. For more information about how to create a baby friendly environment, please refer to: <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/02/Guide-to-the-Unicef-UK-Baby-Friendly-Initiative-Standards.pdf>

We encourage pregnant women and mothers with children under four to register with the Healthy Start Scheme to access free weekly food vouchers and Healthy Start Vitamins.

For more information on the Healthy Start Scheme please refer to: <https://www.healthystart.nhs.uk>

6. School events, trips, birthdays and special occasions

Children across the UK are eating three times more sugar than the maximum daily limit recommended by health professionals. This has led to an increase in tooth decay and a range of health problems including Type 2 diabetes, obesity, coronary heart disease and certain cancers. The biggest source of sugar in children's diets is sugary drinks, followed by sugary snacks.

The NHS' Change4Life programme has developed a range of useful resources to help children and families cut down on sugar and become 'Sugar Smart': <https://www.nhs.uk/change4life/food-facts/sugar>

Due to our commitment to be a 'Sugar Smart' school cakes, biscuits, chocolate and sweets are not encouraged in school time. Instead we provide the following:

- Expectations of healthy lunches on school trips
- Encouragement to parents / carers celebrating their child's birthday with a book for the school library
- Promotion of Oral Health through the curriculum, advice in newsletter articles, focus on savoury dishes in after school club, sharing Change for Life and Healthy Together materials.

7. Special Dietary Requirements

We are aware of food allergies / intolerances and other dietary requirements of children and have procedures in place to identify and manage these, including use of the Leicestershire School Food Services online portal for a medical diet, found [here](#).

The menu choices offered at Farndon Fields incorporate a meat option and vegetarian option, ensuring there are options available to suit the full range of religious and ethnic needs as well as vegetarian requirements.

Staff have completed the following training to enable them to manage food allergies, intolerances and dietary requirements:

- First Aid
- Auto injector / anaphylactic shock training

The school holds a spare auto-injector that can be used at the instruction of medical professionals via 999.

8. The Dining Experience

Good quality eating environments significantly increase the uptake of school food. We have done the following to ensure that we have a pleasant eating environment for children:

- Handwashing facilities for each year group, a calm queuing system, family style seating arrangements, appropriate space in the dining hall, stagger lunchtimes for EYFS / KS1 and KS2 to ensure space and adequate time for eating, water available on tables in jugs, food displayed in an appealing manner at the food counter so pupils can see the food they have chosen, salads available every day. There are nurture dining groups for KS and KS2 children for those pupils who need additional support in managing dining times.
- Pupils in the preschool are seated with staff and their food is served in the pre-school. Staff model good manners, eating behaviour and conversation at eating times. This is used as an opportunity to develop social skills and interaction as well as encouraging children to try unfamiliar foods. Pupils are encouraged to listen to their appetites in managing quantity of food eaten.

9. Food Safety

We ensure food safety at all stages of food preparation and storage, including:

- Adequate refrigeration facilities, overseen by LFS staff in the kitchen, with regular temperatures recorded.
- Monitoring of the temperatures of hot food undertaken by LFS staff.

10. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

- Design & Technology - <https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>
- Science – <https://www.gov.uk/government/publications/national-curriculum-in-england-science-programmes-of-study/national-curriculum-in-england-science-programmes-of-study>
- Health Education - <https://www.gov.uk/government/publications/personal-social-health-and-economic-education-pshe/personal-social-health-and-economic-pshe-education>

- Food and nutrition is taught at an appropriate level throughout each key stage in Design Technology, Science and PSHE.
- Food and nutrition links are also drawn to other subjects such as History, RE and PE and UN Global Goals associated with food Production and responsible consumption are addressed in the curriculum and through the school's Environment Week.
- Through training provided, staff understand their role of promoting healthy eating messages in the school environment. The policy is shared and given training that incorporates healthy eating concepts e.g. PSHE training.
- Pupil learning is monitored by subject leads, including collation of pupil voice,
- In pre-school, pupils are involved in serving and preparing food, encouraged to self-feed and self serve where appropriate. Staff in pre-school have a good understanding of the nutritional and development requirements of the children.

11. Monitoring and Evaluation

- This policy will be reviewed annually.
- This policy is shared with staff, available on the school website and will be signposted at school events linked to healthy eating and lifestyles.

12. Policy Review

Policy Implementation Date: June 2023

Next Review Date: June 2024

Signed: Simone Harrison (Headteacher)

Date: 23rd June 2023.