

BURTON SALMON COMMUNITY PRIMARY SCHOOL

HEALTHY SCHOOLS FOOD POLICY

Document Status			
Date of Next Review	09/2017	Responsibility	Governing Body
Success Criteria for review completion		Responsibility	Chair
Date of Policy Creation	Adapted school written model	Responsibility	Head Teacher
Date of Policy Adoption by Governing Body 05.12.14		Signed _____ Chair Of Governing Body	
Method of Communication (e.g Website, Noticeboard, etc) Website		Signed _____ Head Teacher	

Further Guidance on these standards can be obtained from www.schoolfoodtrust.org.uk and www.healthyschools.gov.uk and www.foodinschools.org

The Policy takes full account of the Governments Nutritional-based Standards for school lunches which have to be in place by September 2008 for Primary schools and September 2009 for Secondary Schools. The food-based standards for school food other than school lunch that have to be in place in all schools by September 2007. The Food in Schools Toolkit and the Healthy Eating Criteria of the National Healthy Schools Programme.

The whole-school food policy covers the areas of:

- School meal provision – how are pupils encouraged to eat a healthy school meal.
- Healthy pack lunches
- The water provision
- Cookery /Gardening clubs
- Provision of food technology
- Fruit and Vegetable Scheme
- Healthy snacks
- After school clubs

Aims and objectives

This school actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promotes health and well-being of pupils, staff and visitors to our school. A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

The main objectives of our Food policy are:

- Ensure that we are giving consistent messages about food and health
- Have a planned curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet (using the balance of good health) and how to plan, budget, prepare and cook meals understanding the

need to avoid the consumption of foods high in salt, sugar and fat and the increase the consumption of fruit and vegetables

- Ensure a welcoming eating environment that encourages the positive social interaction of pupils: including display and labelling of food, promoting healthy eating, and adequate time available to purchase and eat their food, non-stigmatisation of FSM pupils.
- Ensure a school lunch service that meets or exceeds current Government Nutritional standards
- Ensure there is easy access to free, clean and palatable drinking water in schools
- Ensure that snacks and lunch time food brought in from home is healthy
- Provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables
- Provide parents with information about healthy eating

Roles and Responsibilities

Governors

As part of their general responsibilities for management of the school, the governors have played a key role in the development of the schools policy for food. They will continue their involvement through regular evaluation of the policy.

Parents / Carers

Parents are encouraged to support the healthy provision of food within the school programme and have access to this policy. The schools plays its part in ensuring that parents are kept up to date in developments regarding healthy food provision.

Pupils

Pupils have an entitlement to healthy food. They will be actively consulted about the food provision within the school and their views will be central to developing that healthy provision.

Staff

All staff both teaching and non-teaching should be aware of the policy and how it relates to them. Any staff involved in practical food education should have opportunities for relevant training including diet, nutrition, food safety and hygiene.

After school provision and partner agencies

Where visitors and outside agencies are involved, their contribution must have been planned as part of an overall programme of food and healthy lifestyles education, ensuring that all visitors use current dietary thinking and good practice as the basis for their input i.e.the balance of good health. It is the schools responsibility to ensure that all relevant visitors are made aware of the schools Food Policy.

Breaktime snacks brought from outside school:

- Children can only bring fruit and/or vegetable snacks into school.
- Children will be allowed to bring in seeds or nuts (only if there are no pupils with a nut allergy in the school).
- Children on special diets will be given consideration with consultation in accordance with government policy on nutrition.

Packed lunches

Children are encouraged to bring healthy packed lunches and parents/carers are encouraged to look at the School Food Trust website for ideas for packed lunches. Children are not allowed to bring sweets or sugary drinks as part of their lunches.

Water

- Free, fresh water will be available to all children throughout the day.
- Children are encouraged to have a named, clear bottle of water in class.
- Water will be freely available at lunchtime.
- Hygiene – water bottles are sterilised on a regular basis.
- After physical activity and during hot weather, children will be encouraged to drink more water.
- The clear plastic bottles **must** contain only water – this should not be flavoured water.

Curriculum

- Children will have regular opportunities to cook and prepare food.
- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of looking after yourself.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.

Rewards / prizes / parties / charity events

The food standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fundraising events
- Rewards for achievement, good behaviour or effort
- Food used in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch
- Food brought in on an occasional basis by parents or pupils.

Staff support and training

Staff have access to continued professional development to learn about nutrition, food hygiene, and health and safety.

School meals

Our school meals comply with the Governments Nutritional Standards, (Appendix 1), and the Nutrient-based standards which come in force from September 2008, (Appendix 2).

From September 2007, regulations governing school food other than lunches (for example tuck shops, vending etc.) come into force and these are outlined in Appendix 3.

As a school who use North Yorkshire County Caterers (part of Children and Young Peoples' Service) our caterers will:

- Ensure lunch menus comply with the school lunch nutritional standards, as outlined in appendices 1 and 2, including having the menus nutritionally analysed and providing schools with documentary evidence of compliance when requested.
- All other food served in school by our caterers will comply with the regulations as outlined in Appendix 3.
- Ensure food used for school catering does not contain additives suspected or known to be a problem for sensitive people (see appendix 4), does not contain artificial sweeteners and does not contain hydrogenated fats.
- Not knowingly use any food ingredients that have been Genetically Modified. Contracts with suppliers will stipulate this.
- Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons.
- Promote and market healthy school meals in our schools, help pupils make healthy choices and attend school councils to discuss school catering when required.

Monitoring: School lunches will be monitored by the Client Catering Unit to ensure compliance with all regulations. A copy of each inspection will be provided to each school.

Monitoring and evaluating the policy

This policy will be formally reviewed in line with the policy review cycle. This will include evaluation of teaching and learning activities, staff training and the use (if any) of outside visitors and the monitoring of pupils menus and food choices to inform policy development and provision.

School Lunch – Food Based Standards

Appendix 1

<p>Fruit and vegetables – these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).</p>	<p>Not less than two portions per day per child, at least one of which should be salad or vegetables and at least one should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice). A fruit based dessert shall be available at least twice per week in primary schools.</p>
<p>Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<p>A food from this group should be available on a daily basis. Red meat shall be available twice per week in primary schools, and three times per week in secondary schools. Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks. For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein.</p>
<p>Manufactured meat products.</p>	<p>Meat products (including manufactured and homemade) are now categorised into four groups. A product from each group below may be provided no more than once per fortnight. The meat must also meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003, or the equivalent for burgers if they are not specified in those regulations. Economy burgers are banned and so is offal.</p> <p>Group 1: burger, hamburger, chopped meat, corned meat Group 2: sausage, sausage meat, link, chipolata, luncheon meat Group 3: Individual meat pie, meat pudding, Melton Mowbrary Pie, game pie, Scottish(or scotch) pie, pasty, pastie, bridie, sausage rolls Group 4: any other shaped or coated meat product</p>
<p>Starchy foods (<i>also see additional requirement on deep frying below</i>) - these include all bread (eg.</p>	<p>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. On every day that a fat or oil is used in the cooking</p>

chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.	process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available. In addition, bread should be available on a daily basis.
Deep-fried foods	Meals should not contain more than two deep-fried items in a single week. This includes products which are deep-fried in 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 or fizzy); ☐☐ milk (skimmed or semi-skimmed); ☐☐ pure fruit juices; ☐☐ yoghurt or milk drinks (with less than 5% added sugar); ☐☐ drinks made from combinations of those in bullet points 1 to 4 of this list (eg. smoothies); ☐☐ low calorie hot chocolate; ☐☐ tea; and ☐☐ coffee. <p>NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.</p>
Water	There should be easy access at all times to free, fresh drinking water.
Salt and condiments	Table salt should not be made available. If made available, condiments should be available only in sachets of no more than 10 grams or one teaspoons
Confectionery and savoury snacks	Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time. The only savoury snacks available should be nuts and seeds with no added salt or sugar. Savoury crackers or breadsticks can only be served with fruit or vegetables or dairy food as part of school lunch

**NUTRIENT-BASED STANDARDS FOR SCHOOL LUNCHES FROM
SEPTEMBER 2008 (PRIMARY SCHOOLS) OR SEPTEMBER 2009
(SECONDARY AND SPECIAL SCHOOLS)**

This table summarises the proportion of nutrients that children and young people should receive from a school lunch. The figures are for the required nutrient content of an average lunch over five consecutive school days.

Energy	30% of the estimated average requirement (EAR)
Protein	Not less than 30% of reference nutrient intake (RNI)
Total carbohydrate	Not less than 50% of food energy
Non-milk extrinsic sugars	Not more than 11% of food energy
Fat	Not more than 35% of food energy
Saturated fat	Not more than 11% of food energy
Fibre	Not less than 30% of the calculated reference value <i>Note: calculated as Non Starch Polysaccharides</i>
Sodium	Not more than 30% of the SACN2 recommendation
Vitamin A	Not less than 40% of the RNI
Vitamin C	Not less than 40% of the RNI
Folate/folic acid	Not less than 40% of the RNI
Calcium	Not less than 40% of the RNI

Iron	Not less than 40% of the RNI
Zinc	Not less than 40% of the RNI

Appendix 3

Standards for all school food other than lunches

The Government has decided that standards should apply to all school food other than lunches, as recommended by the School Food Trust.

This means that:

- a. no confectionery will be sold in schools;
- b. no bagged savoury snacks other than nuts and seeds (without added salt or sugar) will be sold in schools;
- c. a variety of fruit and vegetables should be available in all school food outlets. This could include fresh, dried, frozen, canned or juiced varieties;
- d. children and young people must have easy access at all times to free, fresh drinking water in schools;

NB – It would be preferable for this drinking water to be chilled; and for it to be located so that children do not have to depend on going to the lavatory to access it;

- e. the only other drinks available will be:
 - i) water (still or sparkling);
 - ii) milk (skimmed or semi-skimmed);
 - iii) pure fruit juices;
 - iv) yoghurt and milk drinks (with less than 5% added sugar);
 - v) drinks made from combinations of (i) to (iv) above;
 - vi) low calorie hot chocolate;
 - vii) tea; and
 - viii) coffee.

NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.

Examples of food and drinks meeting the new standards	Examples of food and drinks restricted across the school day	Examples of food and drinks not meeting the new standards
Fruit and vegetable items		
<ul style="list-style-type: none"> • Whole/pieces of fresh fruit e.g. banana, apple, pear, satsuma, grapes • Fruit pots of sliced/chopped fresh fruit e.g. melon, berries, apple • Canned fruit in natural juice e.g. peaches, pears, pineapple, mandarins • Dried fruit without added fat, sugar or salt e.g. apricots, sultanas, raisins, dates • Salad pots • Crudités, vegetable sticks with dips • Vegetable accompaniments: tomatoes (tinned or fresh), raw vegetables such as carrots, peppers, cucumber and celery 	<p>No restrictions on the amount or type of fruit and vegetables served</p>	<p>Dried fruit or dried vegetables with added fat, sugar or salt</p>
Cold Items		
<ul style="list-style-type: none"> • Breakfast cereals with milk or yoghurt • Yoghurt or fromage frais (plain or fruit) • English muffins • Plain currant/raisin bread • Sandwiches • Bagels with fillings • Baguettes with fillings • Filled pitta bread or rolls • Wraps e.g. Mexican bean • Pasta salads • Fillings/toppings: cheese, hard boiled egg, peanut butter, houmous, tahini, sliced meat, bacon, meat or fish paste, tinned fish • Combinations of nuts and seeds without added fat, sugar or salt 	<p>Meat products: corned beef, sausages, sausage rolls, Scotch eggs</p>	<ul style="list-style-type: none"> • Cereals coated with chocolate • Any type of confectionery e.g. chocolate products, sweets and sugar free chewing gum • Cereal bars • Processed fruit bars • Crisps and crisp-like products e.g. tortilla chips, potato sticks, puffs, crackers, corn chips, prawn crackers, potato wafers • Japanese rice crackers • Pretzels • Bombay mix • Nuts with added salt and/or sugar • Cakes: slices of cake, individual cakes (sponge cakes, Swiss roll, fruit cakes, banana cake, apple cake, carrot cake, gateaux, sponge fingers, Madeira) • Buns: American (sweet) muffins, Chelsea buns • Pastries: croissants, Danish pastries, Eccles cakes, Greek

		<p>pastries, Bakewell tarts, jam tarts, mince pies, custard tart)</p> <ul style="list-style-type: none"> • Biscuits include all types: sweet biscuits: digestive, rich tea, ginger nuts, flapjacks, shortbread, wafer. • Savoury biscuits: cream crackers, breadsticks, oatcakes, matzos
Hot items		
<ul style="list-style-type: none"> • Porridge • Toast, bread rolls with spread, jam, marmalade, peanut butter • Toasted bagels, crumpets • Toasted sandwiches • Bacon sandwiches • Warm pitta bread with filling • Paninis • Tortillas, fajita, burrito, quesadillas, enchiladas • Toast with baked beans, cheese, eggs (boiled scrambled or poached) • Omelette • Pizza slice with toppings • Slice of quiche • Jacket potatoes with toppings • Bowls of noodles with vegetables and / or meat • Vegetable pasties • Fishcakes • Soup 	<ul style="list-style-type: none"> • Meat products: burger, hamburger, corned beef, sausages, chipolatas, luncheon meat, hot dogs, frankfurters (salami), meta pies, Cornish pasties, sausage rolls, pork pie, samosa, kebab, meatballs, chicken or turkey nuggets, scotch eggs, satay • Starchy food cooked in fat or oil, fried rice, sauté potatoes, fried bread, chapatti, garlic bread • Deep fried products: potato wedges, potato skins, chips, plantain chips, spring rolls, vegetable products(pancake roll, samosa fingers, tempura, pakora /bhajia), fish products (pancake roll, samosa, fingers, tempura, pakora / bhajia) 	<ul style="list-style-type: none"> • Toast with chocolate spread • Fruit pies surrounded by pastry
Drinks		
<ul style="list-style-type: none"> • Plain water (sparkling or still) • Skimmed milk or semi-skimmed milk • Fruit juice or vegetable juice • Plain yogurt drinks • Plain soya, rice or oats drinks enriched with calcium • Combination drinks: water (still or sparkling) combined with fruit or vegetable juice • Milk (skimmed or semi-skimmed) and / or plain yogurt combined with fruit or vegetable juice • Plain soya, rice or oat drinks 		<ul style="list-style-type: none"> • Flavoured water • Squash / cordial • Soft drinks including fizzy drinks containing less than 50% fruit or vegetable juice • Hot chocolate containing more than 20 calories per 100ml • Flavoured milk unless it contains fruit juice or cocoa

enriched with calcium combined with fruit or vegetable juice <ul style="list-style-type: none"> • Tea or coffee • Low calorie hot chocolate (containing no more than 20 calories per 100ml) 		
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Appendix 4

Additives

Additives can have a direct effect on health. For example Tartrazine (E102) and Sunset Yellow (E110) may be linked to cause poor attention hyperactivity in children. Sulphur compounds (E220-228) can destroy vitamin B1.

Below is a list of the E number additives suspected or known to be a problem for sensitive people or for which there is evidence of a health concern based on laboratory tests.

Number	Name	Typically Used In
Colours		
E102	Tartrazine	Soft drinks, ices, desserts, sauces
E104	Quinoline Yellow	Soft drinks, jams, ices, desserts, sauces
E110	Sunset Yellow	Soft drinks, jams, ices, desserts, sauces
E120	Cochineal	Meat products, drinks, jellies, desserts, sweets
E122	Carmoisine	Soft drinks, ices, desserts, sweets
E123	Amaranth	Fish roe
E124	Ponceau 4 R	Soft drinks, ices, desserts, sweets
E127	Erythrosine	Glace cherries
E128	Red 2G	Sausages, burgers
E131	Patent Blue V	Coloured baked goods, sweets
E132	Indigo carmine	Ices, confectionary, coloured baked goods
E133	Brilliant Blue	Soft drinks, sweets, desserts, ices
E142	Green S	Canned peas, soft drinks
E150C	Ammonia Caramel	Cola drink, gravies, sauces, meat products
E151	Brilliant Black	Fish products
E155	Brown HT	Baked goods, sweets
E160B	Annatto	Yellow spreads, cheese, snacks, desserts
E161G	Canthaxanthin	Farmed fish
E173	Aluminium	Cake decorations
Preservatives and Antioxidants		
E210-219	Benzoic Acid	Soft drinks
E220-228	Sulphur dioxide, sulphites	Soft drinks, juices, dried fruit and vegetables,

		sausages, biscuits, burgers, jams
E230-232	Benzene derivatives	Fruit skin and peel
E249-250	Nitrites	Bacon, ham, pate
E251-252	Nitrites	Sausage, cheese, pate
E280-283	Propionic acid, propionates	Half baked goods, cakes, pastries
E310-312	Propyl gallate, gallates	Fats, meat products
E320	Butylated hydroxanisole	Fats, biscuits, chewing gum
E321	Butylated hydroxytoluene	Fats, biscuits, chewing gum
Emulsifiers and Thickeners		
E407	Carrageenan	Dairy desserts, ice cream, jellies, meat products
E413	Tragacanth gum	Icings, dressings, ice cream
E420	Sorbitol	Low-sugar sweets, chewing gum
E421	Mannitol	Chewing gum, sweets
E430-436	Polyoxyls	Baked goods
Flavour Boosters		
E950	Acesulfame-K	Soft drinks, dairy products, sweets, chewing gum
E951	Aspartame	Above + desserts
E952	Cyclamate	Soft drinks, soft drink concentrates
E953	Isomalt	Sweets, ice cream, chewing gum
E954	Saccharin	Soft drinks, toothpaste
E956-967	Maltitol, Lactitol, Xylitol	Chewing gum, ice cream

For further support please your local healthy schools co-ordinator

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