



## WHOLE SCHOOL FOOD POLICY

## North Tyneside Schools - Whole School Food Policy

### Mission statement

Our school recognises the importance of nutrition on pupils' emotional and physical health and well-being and the effects this has on an individual pupils ability to maximise their educational achievement.

### Aim

- To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to our school
- To make sure that nutrition education has a prominent place in school life
- To offer healthy food and drink choices at all appropriate opportunities
- To ensure the food environment promotes a happy, pleasurable experience

### Objectives

1. Ensure that all food and drink served reflects the needs of all pupils and staff and makes healthy choices easy to take
2. Consider long- and short-term impacts on health prioritising physical activity promotion.
3. Regularly review occasions during the school day to ensure that food and/or drinks are available when needed
  - Before/after school
  - Break times
  - Lunchtime
  - Special activities e.g. Sports days, parents evenings
4. Provide food and drink that allows individuals to
  - a. Drink water frequently throughout the day
  - b. Eat healthily
  - c. Provide support for meeting individual needs for special diets
5. Create a pleasant eating environment that is appropriate to the age of the pupils
6. Deliver a curriculum that develops nutrition messages throughout a pupils school life
7. As far as possible proactively provide consistent and up to date information relating to food and nutrition for parents e.g. newsletters, displays, plasma screens, magazines, planners etc

8. Work towards enabling all staff to accept appropriate nutrition training

**How we will do it**

1. Include providers, adults and pupils in all processes that review, change or evaluate service delivery
2. Identify and remove all conflicting information and practices e.g. classroom reward schemes, fundraising using promotions on confectionery products, special offers
3. Provide access to training to ensure staff are supported to carry out necessary change. This process will start with the school council and continue via the Healthy School Task Group

**Who will be involved?**

Representatives from the following groups will be invited to be involved in all development, decisions and actions

	<b>Name</b>	<b>Date – from/to</b>
<b>Governing body</b>		
<b>School Council</b>		
<b>Catering providers</b>		
<b>Teaching and support staff</b>		
<b>Parents</b>		
<b>Other advisors e.g. Public Health Nurse, Dietitian, Oral health promotion staff, Community leaders</b>		

## Useful reading and references

1. School Food Trust, Eat Better Do Better, A guide to the Government's new food-based standards for school lunches 2006
2. School Food Trust, Eat Better Do Better, A guide to the Government's new food based standards for all school food other than lunch 2007
3. Food in Schools Toolkit" 2004 DfES, FSA and NHS
4. [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

## Appendices

1. Action planning
2. Snack provision
3. Packed lunch guidance

## Signed

Chair of Governors \_\_\_\_\_

Head teacher \_\_\_\_\_

Pupil representative \_\_\_\_\_

Date \_\_\_\_\_

Review date \_\_\_\_\_

*(no longer than 2 years from above)*

**Issues that will be considered in the future**

School recognises that it is currently unable to deliver change in all areas that it wishes to develop. The following therefore identifies actions for the future:

**Action Plan:**

Action	Who?	When

**Ideas include**

1. Install additional mains fed water coolers to a ratio of *1 cooler: 50 pupils* or ensure water bottles on desks scheme is actively encouraged.
2. Review school rules on food brought in from outside including snacks and packed lunches
3. Aim to increase overall uptake and ultimately achieve 100% uptake of free school meals
4. To work positively with catering services to promote healthy choices *as good value for money*
5. Develop a school garden that includes fruit and vegetables
6. Work with catering contractors to source locally produced ingredients where possible
7. Assess dining room environment and make improvements as necessary.
8. Actively encourage all students to stay in school for lunch until the end of Year 11
9. Establish school cookery groups with volunteer parents or learning support staff trained to run the groups
10. Consider using healthy vending options
11. Trial providing a breakfast. Ensure that pupils, parents and staff have the opportunity to assess and evaluate breakfast provision
12. Provide chilled milk

### Some ideas and considerations for setting up tuck shops, offering snacks and providing healthy vending

The following points are for consideration when deciding priorities for your school. Not all points will be relevant to every situation. Select foods and service style that best suits the needs of your pupils.

#### Preparation

- Who will do the preparation of the items; will pupils be involved as part of a “reward” scheme, a business project or task?
- Will only cold items be suitable?

#### Space and storage requirements

- What space will be used for the service? Is this area used immediately before / after by other classes?
- What storage is available for stock items, who else uses this space?
- What shelf life of products will be needed?
- How often will shopping or deliveries be needed? Who will do this? Can members in the wider school community help out on a *regular* basis?

#### Food considerations

- Every 4 – 6 year old will have 1 piece of fruit or vegetable provided free of charge as part of the National School Fruit and Vegetable Scheme. How will your scheme encourage the older pupils to take more fruit and vegetables?
- Is the food intended to quickly replace a meal or be in addition to regular meals? Are the pupils hungry, have they missed breakfast, will the next meal be a significant time to wait?
- Try to keep high fat, high sugar, and high salt items to a minimum. Use the following figures **as a guide** where data is available
  - Salt – less than 1.00g salt (0.4g sodium) per 100g
  - Fat – less than 10g total fat per 100g; 5g saturated fat per 100g
  - Sugar – less than 5g/100g of added sugar. Foods that contain naturally occurring sugar such as fruit and milk do not need to be included.

#### Small snacks

- Fruit – fresh, dried long-life type pots, fruit salad in pots, fruit on sticks
- Vegetable chunks / sticks e.g. carrots, cucumber, cherry tomatoes
- Water, milk
- Pure fruit and vegetable juice
- Fruit smoothies
- Toast

### Larger snacks - Crisp breads, chunks French bread

- Plain, fruit or cheese scones, teacakes, bread muffins, crumpets, bagels
- Fruit loaf / breads
- Sandwiches
- Toasted sandwiches

### Finance

- Are you covering cost or making a profit?
- Will you subsidise the price of some items to encourage pupils to take them?
- Will set priced items be easier to manage rather than having a variety of prices? If younger pupils are involved in handling cash then try to price items in “whole coins” to limit the need for change e.g. 10p or 20p for everything

### Some ideas for packed lunches

Use the Balance of Good Health as a basis for making your choices. Try to have something from 3 groups every day, and all the groups during the week.

Don't over face your child with items or amount of food. It is better that they eat up than get fed up ½ way through.

#### Group 1 - Breads and cereals

- Slices of bread
- Bread buns/rolls
- Pitta bread
- Chunks of French bread
- Bread sticks
- Crackers or cheese biscuits
- Fruit or cheese scone
- Cooked pasta
- Cold, chopped potato

#### Group 2 - Fruit and Vegetables

- All types of fresh fruit,
- (Think about how easy it is to peel / prepare at school. Why not try to chop or slice at home and put into plastic containers. A spoon or fork might be needed to eat it with, so don't forget to pack it.)
- Some fruit goes well in sandwiches or salads e.g. grated apple and cheese, pineapple chunks and ham
- Cherry tomatoes
- Salad leaves in sandwiches or separately in a box or bag
- Carrot, celery, and cucumber sliced, grated or sticks
- Tubs of coleslaw or similar "dressed" salad
- Small pots of tinned or stewed fruit – don't forget a spoon!
- Canned or frozen vegetables mixed into fillings e.g. tuna and sweet corn, grated cheese and grated carrot
- Pure juice

#### Group 3 - Meat, fish and alternatives

- Cold sliced meat – ham, chicken, turkey etc
- Salmon, tuna, sardines, pilchards
- Meat and fish spread (spreads tend to be better than pastes)
- Liver pate
- Hard-boiled eggs sliced, whole or with mayonnaise/salad cream,

#### Group 4 Milk and dairy foods

- Cheese for sandwiches- grated, slices, soft cheese
- Yoghurt or Fromage Frais
- Tubs of custard or milk pudding style desserts
- Cartons of milk

### **Drinks**

Don't forget these. Milk and juice have already been suggested but there is nothing wrong in encouraging plain water. Remember that all fizzy drinks, both sugary and sugar free, can damage teeth due to the acid in the gas and are best avoided.

### **Practical Issues**

Try to put a small ice block into the lunch box to keep everything cold. This is important in cold and hot weather because rooms where boxes are kept may be warm due to heating pipes!