



School Food Policy

Mission Grove Primary School

SCHOOL FOOD POLICY

Approved by Governing Body

Date :

Review Date :

Ethos

At Mission Grove Primary School, we pride ourselves on being a healthy school, and the lengths to which we go to teach children about healthy lifestyles, both in and out of the classroom. Our school lunch policy is one of the many ways in which we do this. We treat the dining hall as an integral part of the school, in which manners and care for others is reinforced.

This policy aims to give clear guidance to parents and carers, pupils, governors and staff on providing a healthy lunch.

A Healthy Lunch

At Mission Grove we follow government and NHS guidelines and use the 'Eatwell Guide' to help us define a healthy lunch:

- Lunch should help children in the aim of having at least 5 portions of a variety of fruit and vegetables every day
- Meals are based on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day
- If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts.

School Lunches

Our weekly menus have a varied selection, so as to cater for the children's different tastes, as well as provide towards their recommended '5 a day' quota of fruit and vegetables. Each day, we serve three choices of hot meals, which includes a meat option and a vegetarian option, along with a carbohydrate side and a selection of vegetable sides. The children can then also choose from the salad bar. For dessert, we provide pudding options, or yoghurts and fresh fruit.

We are very proud of how our school lunches provide variety, flavour and nutritional value. Our approach reinforces our whole school approach towards healthy living. Our menus are available on our school website, along with a detailed list of any allergens per meal.

Payment for School Lunches

School meals must be paid electronically, via Parent Pay. Families who meet certain criteria are eligible for free school meals, as are all children in Reception to Year 2. Should you wish to apply, forms are available at the office, and during admissions.

Dining environment

We ensure that our dining hall is always clean and attractive, so that children are able to eat in a pleasant environment. Midday assistants are always on hand to help, as is a member of the Senior Leadership Team.

Children with packed lunches eat with those that take school dinners, and staff are also encouraged to eat with the children. This is to cultivate a friendly and welcoming atmosphere.

Allergies and special diets

We are sensitive to the fact that some children have certain food allergies. For this reason, we are a nut free school and will not serve foods which contain nuts. However, our school lunches may contain traces of nuts.

We ask parents to inform us of any allergies or intolerances and details of are shared with kitchen staff to ensure that each child is given the right food.

As a multicultural, all inclusive school, we respect religious beliefs and all food we serve is Halal.

Pupils are not permitted to share or swap food items.

Special Events

To celebrate different festivals and events, we may also serve themed meals at different times in the year, such as pancakes for Shrove Tuesday, or Chinese food at Chinese New Year.

We teach children that a healthy, balanced diet can include less healthy treats, if eaten in moderation and we therefore will also sell or serve traditional party foods or snacks during some school events.

We do not allow birthday cakes or treats to be given out to the children during school time. This is so not to interrupt learning time. However, wrapped treats can be shared with friends at the end of the school day. This also gives parents and carers the choice over whether or not the treat is suitable for their child.

Teaching the children about healthy eating

We ensure that children get consistent messages about nutrition and balanced diets. All children are familiar with the 'Eat Well Plate', which shows the different types of foods and drinks we should consume – and in what proportions – to have a healthy, balanced diet.

It is displayed in the dining areas so that it can be regularly referred to by kitchen staff and midday supervisors to when encouraging children to eat a healthy meal. In science, we teach the children about healthy lifestyles and the effect this has on the body. We have weekly enrichment sessions on cooking, in which children are again taught about nutrition and hygienic food preparation. We have regular design and technology lessons, in which children prepare different foods or dishes; again, this is an opportunity to teach them about nutritional values, hygiene, and also where different foods come from.

Facilities for packed lunches

The school will:

- Provide appropriate facilities to store packed lunches.
- Provide free, fresh drinking water.

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer guidance on bringing healthy packed lunches. If a lunch is not deemed appropriate, parents will be advised on the changes to be made. Sweets and fizzy drinks will be confiscated until the end of the day- these will be substituted with a piece of fruit and water.

Staff

Staff are encouraged to comply with this policy when bringing in packed lunches and eating with pupils.

the eatwell plate

Use the eatwell plate to help you eat a healthy, balanced diet.

Fruit & vegetables
 Eat lots! At least 5 portions.
 A third of your day's food.
 Good for vitamins, minerals, fibre.
 Fresh, frozen, tinned, dried or 100% juice all count.

Bread, rice, potatoes, pasta and other starchy foods
 Base every meal on starchy foods.
 A third of your day's food.
 Good for energy-giving carbohydrates, and for vitamins, minerals, fibre.
 Choose wholegrain, wholemeal or 'high fibre' varieties.

Milk & dairy foods
 Eat moderate amounts only.
 About 2 or 3 portions a day.
 Good for calcium, protein, vitamins.
 Choose lower fat versions.

Meat, fish, eggs, beans and other non-dairy sources of protein
 Eat moderate amounts only.
 About 2 or 3 portions a day.
 Good for protein, minerals, vitamins.
 Pulses (beans, lentils) are a good alternative to meat.

Foods and drinks high in fat and / or sugar
 Eat and drink these only occasionally and in small amounts. Cut down on saturated fat.
 Choose lower fat and lower sugar versions when you can. Avoid salty foods.

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Appendix 2

Packed Lunches – guidance for parents

Foods to include:



We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include the following:

- **Fruit and vegetables-** at least one portion of fruit and one portion of vegetables or salad every day.



- **Protein-** meat, fish, egg or another source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, or dhal).



- **Oily fish-** tinned or fresh mackerel, sardines, salmon, or tuna should be eaten at least once a week.



- **Carbohydrate-** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.



- **Dairy-** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products. Reduced fat versions of these should be used where possible.



- **Puddings-** these should be fruit based, such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble.



Foods to avoid or limit:



- Crisps, cakes and biscuits.



- Meat products such as sausage rolls, pies, corned meat and sausages.



These items should not be included in packed lunches more than once per week.

Packed lunches should not include any of the following:



- Fizzy drinks in cartons, bottles, or cans (including diet or energy drinks which can contain high levels of caffeine, sugar, and additives).



- Chocolate or sweets (confectionary).



- Chocolate spread as a sandwich filling.



- Nut and nut products- we ask that parents and carers be sensitive to the fact that a number of our children have nut allergies, and refrain from using peanut butter as a sandwich filling.



Packed lunch containers.

Please provide a packed lunch container where food items can be stored securely until the lunch time period. As we are an Eco School, packed lunches should also be brought in reusable containers, rather than disposing of plastic bags and bottles.

