

Dishforth Airfield Primary School

Food Policy



Policy review date: **May 2014**

Next review: May 2017

Person from the senior management team with overall responsibility for all aspects of food in schools: **Julie Lyon - Headteacher**

Aims and objectives of the policy

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 that the after school club meets or exceeds current Government nutritional standards
- 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.

Name of lead governor for responsibility for this policy is Nikki Gray

Senior Leadership Team

An identified member of the Senior Leadership Team takes overall responsibility for this policy and its implementation and for liaison with the governing body, parents /carers, catering services and appropriate outside agencies. All communications to parents/carers regarding food should be overseen by the identified member of the Senior leadership Team and be consistent with the school's food policy – Julie Lyon, Headteacher.

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.

All 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. **Use the protocol established by the HS2 form when working with visitors in schools (guidance for this is available from your local healthy schools co-ordinator).**

Breaktime snacks brought from outside school:

- 1 Children can only bring fruit and/or vegetable snacks into school.
- 2 Children on special diets will be given consideration with consultation in accordance with government policy on nutrition.

Packed lunches

- 1 Pupils are advised to bring packed lunches in insulated bags with freezer blocks, to stop the food going off. (There is no fridge space in school.)
- 2 The packed lunch is to contain no sweets.
- 3 The school will work with parents to ensure that packed lunches contain healthy options.
- 4 The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- 5 The packed lunch should contain pieces of fruit or vegetable.
- 6 Children can bring only water, 100% fruit juice or squash.
- 7 Any food left in lunchboxes will be sent home.
- 8 There will be no swapping of food.
- 9 Fruit to be consumed at break should come in a separate container/bag.

Water

- 1 Free, fresh water will be available to all children throughout the day.
- 2 Children are encouraged to have a named, clear bottle of water in class.
- 3 Water will be freely available at lunchtime.
- 4 Hygiene – water bottles will be taken home daily to be washed.
- 5 After physical activity and during hot weather, children will be encouraged to drink more water.
- 6 The clear plastic bottles **must** contain only water – this should not be flavoured water.
7. Pupils will have easy access to fresh drinking water throughout the school day.

Curriculum

- 1 Pupils will be made aware of the healthy eating policy throughout the curriculum areas, namely science and DT.
- 2 Healthy eating messages will be taught as part of looking after yourself.
- 3 Healthy eating will form part of the development plan.
- 4 There will be consistent messages across the curriculum about healthy eating.
- 5 All children will learn and apply the principles of food hygiene.
- 6 Children will learn and apply the principles of a balanced diet and how diet affects health.

After school clubs

- 1 Refreshments to be provided and in accordance with the national food guidelines – no crisps or confectionary.
- 2 J Lyon will be responsible for overseeing all staff to ensure health and safety and hygiene rules are adhered to.
- 3 Fresh fruit snacks will be made available.
- 4 Fresh and chilled water will be freely available.
- 5 Water containers/bottles should be renewed frequently.
- 6 No food is to be brought in from outside the club.

Rewards / prizes / parties / charity events

The food standards do not apply to:

- Parties or celebrations to mark religious or cultural occasions
- Fundraising events
- 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 will receive training where appropriate and in line with the school's development plan and CPD Policy. The following courses have been attended by some members of staff.
- **Healthy Food Awareness Course**
- **Food Hygiene Course level 1 and 2**

School meals

Menus for school lunches must comply with the Governments Nutritional Standards. All schools must comply with the current food based standards which are being updated with effect from September 2006 (Appendix 1)

In addition all schools must work towards complying with 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.

County Catering Contract

For schools included in this agreement with 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 every two years by the lead Governor, Head Teacher, Pupils, the governing body, catering staff and relevant outside organisations. 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 Mowbray Pie, game pie, Scottish(or scotch) pie, pasty, pasties, 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. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet</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 process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available.</p>

and cornmeal.	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	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <input type="checkbox"/> plain water (still or fizzy); <input type="checkbox"/> <input type="checkbox"/> milk (skimmed or semi-skimmed); <input type="checkbox"/> <input type="checkbox"/> pure fruit juices; <input type="checkbox"/> <input type="checkbox"/> yoghurt or milk drinks (with less than 5% added sugar); <input type="checkbox"/> <input type="checkbox"/> drinks made from combinations of those in bullet points 1 to 4 of this list (eg. smoothies); <input type="checkbox"/> <input type="checkbox"/> low calorie hot chocolate; <input type="checkbox"/> <input type="checkbox"/> tea; and <input type="checkbox"/> <input type="checkbox"/> 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	<p>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.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p> <p>Savoury crackers or breadsticks can only be served with fruit or vegetables or dairy food as part of school lunch</p>

Appendix 2

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 SACN ₂ 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

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 	No restrictions on the amount or type of fruit and vegetables served	Dried fruit or dried vegetables with added fat, sugar or salt

<p>fruit e.g.melon, berries, apple</p> <ul style="list-style-type: none"> • 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 		
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

		<p>cake, carrot cake, gateaux, sponge fingers, Madeira)</p> <ul style="list-style-type: none"> • Buns: American (sweet) muffins, Chelsea buns • Pastries: croissants, Danish pastries, Eccles cakes, Greek pastries, Bakewell tarts, jam tarts, mince pies, custard tart) • 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 	<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, 	<ul style="list-style-type: none"> • Toast with chocolate spread • Fruit pies surrounded by pastry

<ul style="list-style-type: none"> • Jacket potatoes with toppings • Bowls of noodles with vegetables and / or meat • Vegetable pasties • Fishcakes • Soup 	<p>vegetable products(pancake roll, samosa fingers, tempura, pakora /bhajia), fish products (pancake roll, samosa, fingers, tempura, pakora / bhajia)</p>	
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 enriched with calcium combined with fruit or vegetable juice • Tea or coffee • Low calorie hot chocolate (containing no more than 20 calories per 100ml) 		<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

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 hydroxyanisole	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 contact your local healthy schools co-ordinator

Selby District

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Any further questions about the Healthy Schools Programme please contact Clare.

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