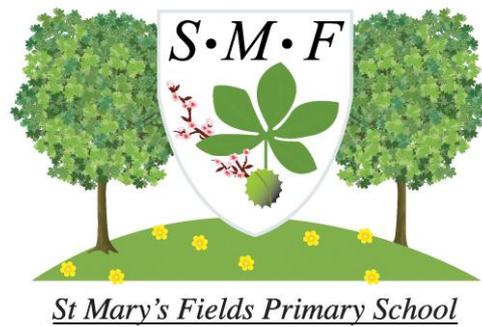


# FOOD POLICY

<b>Policy Date:</b>	January 2017	<b>Version:</b>		
<b>Policy Review Date:</b>	January 2019	Rebecca Dulieu (Headteacher)		
<b>Ratified by Governing Body:</b>				
Name: Raj Gill-Harrison				
			Signature	Date
			Signature	Date





## **ST MARY'S FIELDS PRIMARY SCHOOL FOOD POLICY**

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# ST MARY'S FIELDS SCHOOL FOOD POLICY

## INTRODUCTION

St Mary's Fields School is dedicated to providing an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition.

The policy was formulated through consultation between members of staff, governors, parents, pupils and our school nurse.

The nutrition principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds, the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK, and the Balance of Good Health.

## AIMS

- To enable pupils to make healthy food choices through provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the day.

## 1. EQUAL OPPORTUNITIES

In healthy eating and in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

## 2. CURRICULUM

Food and Nutrition is taught at an appropriate level throughout the 3-8 curriculum  
For example:

### Cross –curricular links with food and nutrition

PSHE	SCIENCE
Developing confidence and responsibility and making the most of abilities	
<b>1a Recognise what they like and dislike</b>	
Preparing to play an active role as citizens	
<b>2c Recognise choices they can make</b>	<b>2b Humans need food and water to stay alive</b>
<b>2e Realise that people and other living things have needs and that they have responsibilities to them</b>	<b>1a The differences between things that are living and things that have never been alive</b> <b>1c To relate life processes to animals and plants found in the local environment.</b> <b>2e How to treat animals with care and sensitivity</b> <b>3a To recognise that plants need light and water to grow.</b>
<b>2h Contribute to the life of the class and school.</b>	
Developing a healthy, safer lifestyle	

<b>PSHE</b>	<b>SCIENCE</b>
<b>3a Know how to make simple choices that improve their health and well being</b>	<b>2c Know that taking exercise and eating the right types and amounts of food help humans to keep healthy</b>
<b>3b Know how to maintain personal hygiene</b>	
<b>3c Know that some diseases spread and can be controlled</b>	

### **TEACHING METHODS**

Teaching methods adopted in the classroom offer a rich variety of opportunities for learning and include discussion, role play and artwork.

Teachers, caterers and school nurses have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with the healthy eating guidelines.

### **EVALUATION OF PUPILS LEARNING**

The healthy eating aspects of the National Curriculum are assessed through SAT's and teacher assessment.

## **3. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

### **BREAKFAST**

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral requirements.

Playfit provides a breakfast club for the children of St Mary's. The breakfast menu includes:

- Toast
- Cereal
- Fruit
- Milk

### **NATIONAL NUTRITIONAL STANDARDS FOR SCHOOL LUNCHES**

The Government introduced National Nutritional Standards for School Lunches that became compulsory in April 2001. These standards apply to all hot and cold midday meals prepared for pupils during term time including packed lunches. The standards describe how many servings from each group of the Balance of Good Health should be available at lunch.

The Local Authority (City Catering) provide lunches for children from the foundation stage upwards. Consultations regarding the menu take place between senior leaders at the school and managers at the Local Authority.

### **NATIONAL FRUIT SCHEME**

Children up to Year 2 participate in the national fruit scheme.

### **FREE SCHOOL MILK**

The school adheres to national guidelines over the provision of free milk. In addition to this parents may opt to purchase milk for their child through Cool Milk (<http://www.coolmilk.com/parents/>)

### **DRINKING WATER**

The National Nutritional Standards for Healthy Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge

The school agrees with this recommendation and provides a free supply of drinking water. Children are also encouraged to bring their own plastic water bottles in from home.

### **PACKED LUNCHES**

The school encourages parents and carers to provide children with packed lunches that adhere to these standards. This is achieved by promoting healthy packed lunch options using the principles of the BALANCE OF GOOD HEALTH.

## **4 SPECIAL DIETARY REQUIREMENTS**

### **SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS**

**The school provides food in accordance with pupils' religious beliefs and cultural practices.**

### **VEGETARIANS AND VEGAN**

**The school provides a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.**

### **FOOD ALLERGY AND FOOD INTOLERANCE**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are agreed with the school and parent/carer. The school operated a nut free policy.

## **5. FOOD SAFETY**

**Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include:**

- Ensuring that adequate storage and washing facilities are available
- That food handlers undergo appropriate food hygiene training
- That suitable equipment and protective clothing are available

Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements

## **6. THE FOOD AND EATING ENVIRONMENT**

A survey is conducted every year to assess the views of staff and pupils about the eating environment within the school.

## **APPENDIX 1 NUTRITIONAL GUIDELINES**

### **NATIONAL DIET AND NUTRITION SURVEY OF 4 – 18 YEAR OLDS**

Young people require a varied and balanced diet to maintain health and promote proper growth and development. A good diet in childhood can also help prevent ill health in later life. The National Diet and Nutrition Survey of 4 –18 year olds found that although the majority of young people in the UK are getting all the nutrients they require, they are not eating a balanced diet. The findings suggest that young people could benefit from consuming less food and drinks high in sugar and fat, and more fruit and vegetables and bread, other cereals and potatoes.

### **DIETARY REFERENCE VALUES FOR FOOD ENERGY AND NUTRIENTS FOR THE UK**

These values described in the 1991 report of the Panel on Dietary Reference Values of the Committee on Medical Aspects of Food Policy are estimates of how much of individual nutrients people require including children. The healthy eating principles which this policy uses, help to ensure that pupils are eating a diet that provides the recommended amount of the different nutrients required for health.

### **THE BALANCE OF GOOD HEALTH**

The Balance of Good Health (BOGH) is a pictorial representation of the recommended balance of foods in the diet, which aims to help people understand and enjoy healthy eating. It shows the types and proportions of foods needed to make a well-balanced and healthy diet. It is suitable for all children of school age, adults, and vegetarians.

The five food groups that make up BOGH are;

- Bread, other cereals and potatoes
- Fruit and Vegetables
- Milk and dairy foods
- Meat fish and alternatives
- Foods containing fat, foods containing sugar.



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## APPENDIX 2 CITY CATERING SPECIAL DIET PROCEDURES



Leicestershire Nutrition and  
Dietetic Service

### LEICESTER CITY COUNCIL CITY CATERING

#### MEDICAL DIETS – POLICY AND PROCEDURES FOR SCHOOLS & CATERING STAFF

##### Introduction

There are many reasons why children may need a special diet including coeliac disease, lactose intolerance, problems with their kidneys and other food allergy/intolerances. Approximately 1-3% of children have a food allergy and the incidence of food allergy/intolerance is increasing. It is therefore likely that most schools will now have at least one child in each year with a food allergy/intolerance. If you are asked to provide a special diet meal for a child at your school please follow this procedure to ensure the safety of everyone involved

##### Policy

- For families that request a special diet for medical reasons, City Catering will try to provide a school meal for these children; however this may not always be possible for children on very restricted diets.
- Children will only have a special menu provided by the Dietitian once the parent/guardian has filled out the medical diet – school meal request form.

##### Procedure for school catering staff

- If you are asked to provide a special diet please ask the family to have the form filled out and signed by a health professional, this could be the child's Dietitian, school nurse, practice nurse or doctor.
- This form should be sent directly to the City Catering Dietitian at the address on the form.
- Once the Dietitian has received the form they will liaise with the parent/guardian if necessary to ensure the child receives the appropriate foods. Please allow 10 school working days for the Dietitian to contact the family or to send a menu.
- The family will be sent out a copy of the menu for them to look at and if they are happy they should inform the school office to say that they would like their child to start to have school meals
- The Dietitian will ensure that the school kitchen and the dining centre both have a copy of the appropriate named menu. Copies of named special diets can be sent to school offices if requested.
- The family will only be expected to complete the medical diet form once while the child remains at the same school, but the family will be asked to complete a new form if the child changes school or if the Childs dietary requirements change.
- When the school menu changes the child's family, the school kitchen and the dining centre will be sent out a copy of the new named special diet menu.
- If a child no longer requires a special diet, the family should contact the City Catering Dietitian. The Dietitian will then contact the Unit Catering Manager at the child's school and only then will the school kitchen be able to offer the regular menu.
- For some kitchens that provide a variety or many special diets it maybe appropriate for the school kitchen to have a photo of each child, for identification purposes.
- If a kitchen is providing a special meal for a dining centre, the dining centre will need the child's name and the special diet information to be included in the transportation information.
- **Manufactured food products may contain some ingredients that are not so obvious from the ingredients list which can then cause severe reaction to some**

**children. For this reason the school kitchen should not be providing special diet meals unless there is a special menu provided by the Dietitian.**

- Any problems or concerns with the menu should be dealt with by the Dietitian who can be contacted by phone 0116 454 5068 or email: [Jessica.mhesuria@leicester.gov.uk](mailto:Jessica.mhesuria@leicester.gov.uk) Jessica works for City Catering 3 mornings per week and will respond on her next day in the office.
- If you are not sure about an ingredient and whether it is suitable for the special diet then do not give it to the child and contact the Dietitian for clarification.



Leicestershire Nutrition and Dietetic Service

Leicester City Council City Catering

MEDICAL DIET – SCHOOL MEALS REQUEST FORM

CHILDS DETAILS

Child's Name..... Date of Birth .....

Male  Female

Address.....

..... Post Code.....

PARENT / GUARDIAN DETAILS

Contact Name.....

Contact Address..... (If different from above)

Contact Phone Number.....

In making this request for a medical diet, I acknowledge that whilst employees of the City Council will make every reasonable effort to comply with my child's dietary requirements, this is not always possible because of manufacturers' variations to food items, which are outside our control.

Signed.....

SCHOOL DETAILS

Name of School.....

School Address.....

School Contact..... School Year.....

DIETARY DETAILS

Details of Special Dietary

Requirements.....

.....

As well as requiring a special menu is your child following a (Please tick all that apply)

Vegetarian Diet

Vegan Diet  Halal Diet  Pork Free Diet  Lamb Free Diet  Fish

Free Diet



# Leicester City Council CITY CATERING Disclaimer Form

Leicestershire Nutrition and  
Dietetic Service



## CHILD'S DETAILS

Child's Name..... Date of Birth.....  
Male  Female

Address.....  
.....Post Code.....

## SCHOOL DETAILS

Name of  
School.....

School  
Address.....  
.....

Is the Head Teacher involved? (Please tick box) YES  NO   
School Year .....

## PARENT / GUARDIAN DETAILS

Contact  
Name.....

Contact  
Address.....  
(If different from above)

Contact Phone  
Number.....

## DISCLAIMER

I confirm that my child has a special dietary requirement which includes an allergy/intolerance to certain foods/ingredients. Leicester City Council has advised that my child should receive a special diet menu to take account of the special dietary requirement. I confirm that I do not require my child to receive a special diet menu and I will take steps to ensure that my child chooses food that takes account of the special dietary requirement from the school meals menu published by Leicester City Council or provide my child with a non-school meal (e.g. packed lunch). I acknowledge and accept that without a special diet menu in place that:

- (a) Leicester City Council cannot guarantee that any foods/ingredients to which my child has an allergy/intolerance will not be consumed by my child; and
- (b) To the extent permitted by law Leicester City Council shall have no liability howsoever arising should such foods/ingredients be consumed by my child.