




Outwoods Edge Primary School

Every Child. Every Day. Every Future.

School Food Policy

Signed by:



Headteacher



Governor

Date: 13.09.2021

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Date of next review: September 2023

Introduction

At Outwoods Edge, we believe that having a healthy diet plays a role in a child's wellbeing and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a significant contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

National Guidance

This policy has been written to reflect the DfE School Food Standards (revised January 2021) and the 'Eatwell Plate' model of healthy eating. The School Food Standards provide strict guidelines, particularly with regards to food groups and portion sizes, which we are expected to adhere to for all food and drink served in schools.

The School Food Standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches and after school clubs.

For more information, please refer to <https://www.gov.uk/government/publications/school-food-standards-resources-for-schools> and <http://www.schoolfoodplan.com>

Application

This policy covers the areas of:

- Breaktime snacks, including those brought from home.
- School lunches, including packed lunches.
- Drinks during the school day, including milk, water and those brought from home.
- Before and after school clubs and events
- Events and celebrations
- Curriculum

This policy applies to all staff, pupils, parents, governors and partner agencies working within school.

Breaktime snacks

Snacks can play an important part of a child's diet and they can provide an often much-needed boost between breakfast and lunch. Outwoods Edge Primary School participates in the Fruit for Schools Scheme which provides free, daily fruit or vegetables for each child in the Foundation Stage and Key Stage 1. Spare fruit is offered to children in Key Stage 2.

We recommend that snacks brought from home are predominantly made up of fruit or vegetables; other healthy snack suggestions can be found in the table below. We understand that some children may have particular medical or dietary needs around their diet, including snacks – please speak to school staff if this applies.

As we have children in school with severe nut allergies, we are a **nut free school**. **Please do not send your child to school with any products containing nuts.**

Include	Limit	Do not include
<ul style="list-style-type: none"> • Fresh fruit or vegetables <ul style="list-style-type: none"> • A small portion of a starchy food such as rice cakes, bread sticks, popcorn, oatcakes or crackers • Healthy cereal bars (please be careful not to send those containing nuts) • Dairy products such as cheese or a yoghurt (a tube of yoghurt or one that you drink is best for the playground!) • Water, milk or sugar free squash 	<ul style="list-style-type: none"> • Dried fruit (15-30g per portion) • Cereal bars or 'breakfast biscuits' with a higher fat or sugar content (please be careful not to send those containing nuts) • 100% fruit juice or fruit smoothies – should be limited to a 150ml portion • Highly processed meats such as 'Peperami' or 'Fridge Raiders' 	<ul style="list-style-type: none"> • Cakes, biscuits and crisps – in packed lunches only please <ul style="list-style-type: none"> • Chocolate bars • Sweets • Fizzy drinks or those with a high sugar content • Nuts (due to nut allergies in school)

Traffic light labels appear on most foods and can be a useful indicator of how healthy they are. These labels use red, amber and green colour coding to help us understand what's inside our food, so that we can make healthier choices when shopping. When it comes to snacks for school (and food in general), a good rule of thumb is to go for foods with greens and ambers. A red traffic light label probably indicates that the food is not a healthy choice for a school snack and should instead be enjoyed occasionally as part of a balanced diet. For more ideas for healthy snacks, visit the Change4Life website - <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

Lunches

School lunches

Food prepared by the school catering team meets the National School Food Standards, which gives strict guidelines on portion sizes and recommended weekly allowances of different food groups. We are committed to providing food which is compliant with all National guidelines. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils, parents and staff for feedback. The School Council make suggestions regularly, ensuring that the meals reflect on the needs (and wants, where possible!) of the pupils.

Our Midday Staff will work with children to provide a clean, safe and enjoyable dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during their meal, including clearing up after themselves at the end by tidying their plates and cutlery away.

We provide Universal Free School Meals for children in Foundation Stage and Key

Stage 1 and encourage parents to take up this offer. We also provide Free School Meals for any child eligible - we would strongly encourage parents who fulfil the eligibility criteria to apply (please see additional details by clicking [here](#)) as the school can then access additional 'Pupil Premium' funding. Any packed lunches provided for school trips as part of our Free School Meal provision comply with National Food Standards. If you would like any further information about Free School Meals or how to apply, please speak to our office team.

Dietary Requirements

We understand that some children may require a special diet, whether this is because of food allergies or intolerances, religious and cultural reasons or through dietary choice. A vegetarian option is provided on the menu every day which can be selected by both those who have a vegetarian diet and those who prefer that meal option.

Individual provision is made for children with allergies who require school lunches; a document for each child with a food allergy is compiled detailing symptoms and adverse reactions, actions to be taken in an emergency and emergency contact details. Copies of this are in the school kitchen, office and the child's classroom. **No nuts are used in any recipes within the school kitchen.** Please speak to our school office if your child has any special dietary requirements.

Packed lunches

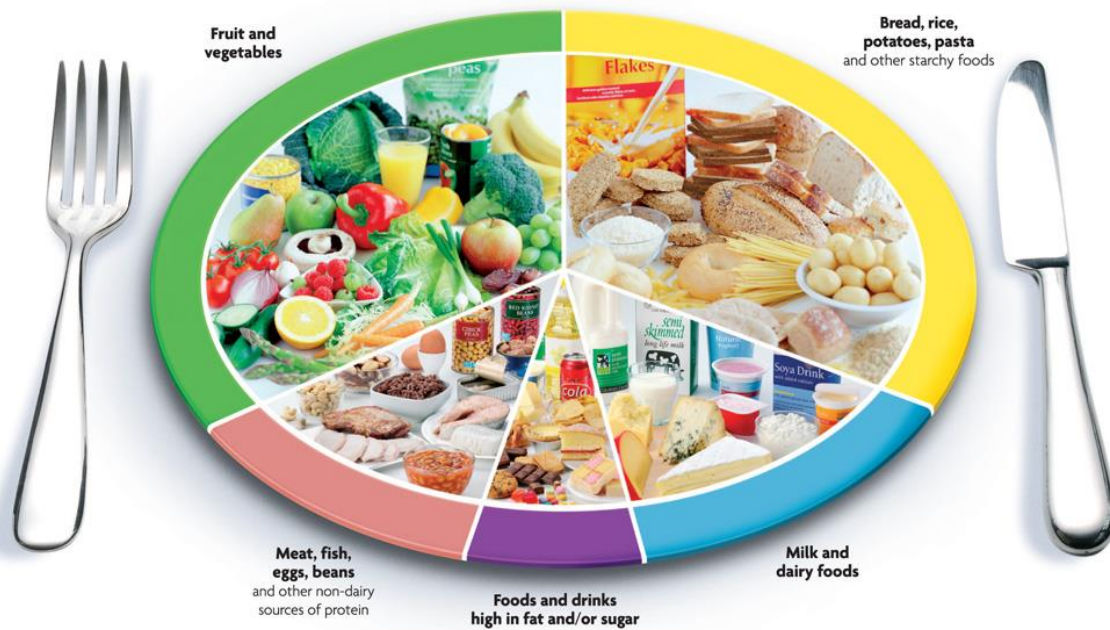
Some families prefer to provide a packed lunch and we aim for our packed lunches to be as healthy as they can be. We understand that parents know the full extent of their children's diets and so we trust that they will provide healthy packed lunches as part of an overall, well-balanced diet. The contents of children's lunch boxes are at parents' discretion, but we recommend that parents familiarise themselves with the recommended food groups and portion sizes for their child's age group – see Appendix A for guidance using the School Foods Standards (see <http://www.schoolfoodplan.com/actions/school-food-standards/> for the original document, which, though aimed at school catering teams, provides useful guidance). Our Midday Staff endeavour to ensure that children have eaten what has been provided in their lunch boxes but please do speak to us if you have any concerns around this.

When preparing a child's lunchbox, we ask that parents consider 'the Eatwell Plate' (see image below) to ensure a balance of:

- starchy foods – e.g. bread, wraps, rice, potatoes, pasta etc
- protein – e.g. meat, fish, eggs, beans etc
- dairy – e.g. cheese, milk, yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or a small portion of 100% fruit or vegetable juice (150mls is the maximum recommended for children)
- **a small amount** of foods that are high in fat, salt and/or sugar may be included (e.g. **one item such as** a small cupcake or small piece of cake, a small number of biscuits or a biscuit bar, a small bag of crisps); we ask that parents do not send chocolate bars or sweets.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Include	Limit	Do not include
<ul style="list-style-type: none"> • Portions of fruit or vegetables (a minimum of one portion is recommended) • Starchy foods such as bread, wraps, pasta or potatoes • Meat/fish/eggs or other protein-rich food • Dairy products such as cheese or a yoghurt • Water, milk or sugar free squash 	<ul style="list-style-type: none"> • Highly processed foods such as sausage rolls, pies • Cakes, biscuits and crisps to be enjoyed occasionally as part of a meal (not as a breaktime snack) • 100% fruit juice or fruit smoothies – should be limited to a 150ml portion 	<ul style="list-style-type: none"> • Chocolate bars • Sweets • Fizzy drinks or those with a high sugar content • Nuts (due to nut allergies in school) – please be careful of chocolate sandwich spreads such as ‘Nutella’ which contain nuts

Drinks

Milk

In line with the Government scheme, CoolMilk provides milk for all children under 5 for free. Children in receipt of Pupil Premium are able to have daily milk free of charge; all other children are able to have daily milk at a subsidised cost – this can be arranged

through the school office.

Water

Taps providing drinking water are available in every classroom for all pupils to use throughout the day and pupils will be encouraged to drink water at frequent intervals. Pupils are encouraged to bring a water bottle every day that they can refill as required. Bottles should be taken home at the end of every day to be washed and returned. At lunchtime, jugs of water are available for all children on the dining tables.

Other drinks

We understand that some children need encouragement to stay hydrated throughout the day, which is essential for good health and supports the children in their learning. Although water would always be our first choice to keep children hydrated, we understand that some children do not 'like' drinking water and so would rather go without, which may have a negative effect on their health. For this reason, we allow **sugar free squash** to be brought into school from home if required. We rely on the honesty (and goodwill??) of our parents in this respect – **please do not send your child to school with sugary or fizzy drinks or those with a high sugar content.** Pure fruit or vegetable juice should not be sent as a drink for keeping hydrated; a small portion may be sent as a snack or with lunch as one of the children's daily portions of fruit and vegetables (in line with School Food Standards, this would be a **maximum** of 150mls.).

Events, birthdays and other special celebrations

We understand that some parents may wish to celebrate their children's birthdays by sending treats or sweets to give out at school. We understand that there is room for treats (such as small bags of sweets or cake) as part of a balanced diet, but we ask that any treats brought in to school are then distributed and taken home so that they can be consumed at parental discretion.

At times, such as at Christmas or at the end of the school year, classes may have a class party in which a small amount of 'party' food is included. We will provide a balance between treat foods and healthy foods at these times and will always consider any dietary requirements.

Breakfast and afterschool clubs

Food provision at our breakfast and external afterschool club is compliant with the National School Food Standards. Relevant staff have basic food hygiene and preparation certification.

Curriculum

Food, including its production, preparation and its impact on our bodies, is an important part of the curriculum for all pupils and is taught across the curriculum through a number of complimentary subjects. For example, through:

Science, e.g.

- find out about and describe the basic needs of animals, including humans, for survival (water, food and air)
- describe the importance for humans of exercise, eating the right amounts of

different types of food, and hygiene.

- identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat
- recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function

Design and Technology, e.g.

- use the basic principles of a healthy and varied diet to prepare dishes
- understand where food comes from
- understand and apply the principles of a healthy and varied diet
- prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques
- understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

PSHE, e.g.

- 'Healthy Me' unit

PE, e.g.

- Ensure that all pupils: lead healthy, active lives.

For further information or clarification about anything covered in this policy, please speak to a member of school staff.

Appendix A – Portion sizes and food groups, taken from School Food Standards. See <http://www.schoolfoodplan.com/actions/school-food-standards/>

Portion sizes and food groups

Starchy foods



This includes all breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato, and cassava.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Bread: includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta, wraps		(50-70g) 1-2 slices of medium bread 1 small roll 1 small or 1/2 large bagel 1 small pitta 2 6" wraps 1 10" wrap	(80-100g) 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 12" wrap
Potatoes or sweet potato: includes boiled and mashed	Raw	120-170g	200-250g
Jacket and baked potatoes	Raw	200-280g	330-410g
Other starchy root vegetables: includes yam, plantain, cocoyam and cassava	Raw	100-150g	150-200g
Pasta and noodles: includes white and wholemeal spaghetti, noodles and pasta shapes	Dried ¹	45-65g	65-80g
Rice: includes white and brown rice	Dried ²	35-55g	55-65g
Other grains: includes couscous, bulgur wheat, maize (polenta) and cornmeal	Dried	40-60g	60-70g
Starchy foods where fat or oil has been added before or during the cooking process: include roast or sautéed potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, or noodles, hash browns, garlic bread, Yorkshire pudding, chapattis and naan made with fat, pancakes and waffles cooked in oil.			
Potatoes cooked in oil or fat: includes roast or sautéed potatoes, chips, potato wedges, other processed potato products such as waffles	Raw	70-100g	120-150g
Garlic bread (as an accompaniment)		20g 1 slice	40g 2 slices

Bread with no added fat or oil must be available every day. All types of plain bread with no added fat or oil, including brown, wholemeal, granary, white, mixtures of white and wholemeal, pitta, rolls, chapattis, naan, ciabatta, and herb bread.

Note: **Wholegrain:** starchy wholegrains include wholemeal and granary flours, wholemeal and granary breads and bread products, wholewheat pasta, brown rice and oats. Also look out for higher-fibre white bread, half/half wholegrain and white mixes such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

¹ Based on average weight change of wholemeal and white spaghetti, pasta shapes and noodles

² Based on average weight change of white and brown rice

Fruit and Vegetables

This includes vegetables in all forms, including fresh, frozen, canned, dried and juiced, as well as pulses such as beans and lentils. Vegetables or salad should be offered as an accompaniment to every meal, in addition to any vegetables used as ingredients in composite dishes such as casseroles and stews. Potatoes are classed as a starchy food and are not included in this food group.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Vegetables or mixed salad, salad bars	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach, spring greens	Cooked	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Pulses include lentils, kidney beans, chick peas	Dried ³	15-20g	30g
	Cooked	40-60g 1-2 tablespoons	80g 3 tablespoons
Baked beans in tomato sauce (as an accompaniment)	Cooked	50-70g 1-2 tablespoons	90-100g 3 tablespoons
Vegetable-based soup	Cooked	200-250g	250-300g
Fruits in all forms, including fresh, frozen, canned, dried and juiced. Fruits can be provided within other dishes - for example, fruit-based desserts such as crumbles.			
Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g 1 small sized fruit with skin	100-150g 1 medium sized fruit with skin
Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g 1 fruit with skin	80-100g 1-2 fruits with skin
Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g 10-15 fruits	80g 15-20 fruits
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g ½ - 1 tablespoon	25-30g 1 tablespoon
All fruit-based desserts should have a content of at least 50% fruit measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobbler, fruit jelly). Fruit used as decoration or jam added to a dessert does not count towards this standard.			
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (40 g min fruit) 2-3 tablespoons	130g 80g min fruit) 3-4 tablespoons

³Based on average weight change of chickpeas, kidney beans and green lentils

Portion sizes and food groups



Meat, fish, eggs, beans and other non-dairy sources of protein

This includes fresh and frozen meat, poultry, fresh, frozen and canned fish, shellfish, eggs, meat alternatives (including products such as soya and Quorn™), tofu, pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy) and nuts.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Roast red meat includes beef, lamb, pork, veal, venison and goat (this is also the portion size for baked potato and sandwich fillings).	Raw	50-80g	80-95g
Roast poultry includes chicken, turkey and duck, as well as dishes or products made from these meats (this is also the portion size for baked potato and sandwich fillings).	Raw	60-85g	85-125g
Red meat or poultry in dishes such as casserole, stew, pie, or curry. Note: weight may be reduced proportionately in composite dishes if adding another protein based food, such as beans, cheese, or milk.	Raw	50-75g	75-90g
Meat-based soup	Cooked	200-250g	250-300g
White fish such as pollock, hake, coley, cod, haddock and plaice – whether cooked alone, or in a dish such as a casserole or fish pie, or as a breaded or battered product	Raw	60-90g	90-125g
Oily fish, such as fresh, tinned or frozen salmon, sardines, pilchards, mackerel, herring, and fresh or frozen tuna. Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process	Raw	55-80g	80-110g
Fish or shellfish such as tuna, salmon, mackerel and prawns, served in a salad, baked potato or sandwich	Cooked	50-70g	70-100g
Breaded or battered fish portions and products such as fish cakes, fish fingers, and fish goujons.	Cooked	55-80g	85-95g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg	1-2 eggs
Meat alternatives made from soya beans (such as soya mince and tofu) and Quorn™ (in dishes such as vegetarian casserole, stew, pie, or curry). Note: weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans, cheese, or milk	Cooked	50-70g	70-100g
Pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy).	Raw	20-25g	40-45g
	Cooked	50-60g 1-2 heaped tablespoons	100-120g 2-3 heaped tablespoons
Vegetarian sausages, burgers, nut cutlets	Raw/cooked	50-70g	70-100g
Meat products			
Sausages made from beef, lamb or pork	Raw	50-75g 1 sausage	75-90g 1-2 sausages
Burgers	Raw	55-80g	80-100g
Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, cold pork pie (e.g. Melton Mowbray)	Cooked	80g	110g
Breaded or battered shaped chicken and turkey products, e.g. nuggets, goujons, burgers	Cooked	50-70g	70-100g



Milk and dairy

This includes all types of milk, cheese, yoghurt (including plain or fruit, frozen and drinking yoghurt), or fromage frais, milk-based sauces, custard (made with milk), puddings made from milk and milk-based sauces.

Food	Primary 4-10 year olds	Secondary 11-18 year olds
Lower-fat drinking milk	150-200 mls	200-250 mls
Milk puddings and whips made with milk	100-120g	120-150g
Custard made with milk (e.g. served with fruit); portion size excludes fruit	80-100g	100-120g
Yoghurts	80-120g	120-150g
Cheese (added to salads, baked potatoes, sandwiches or crackers)	20-30g	30-40g



Foods high in fat, sugar and salt

Deep fried foods: including those deep fried or flash fried in the kitchen or in the manufacturing process, such as chips (including oven chips), potato waffles, hash browns, samosas, plantain chips, spring rolls, doughnuts, pakora and bhajis.		Refer to relevant portion size table
Batter-coated and breadcrumb-coated foods: including any bought-in or homemade products such as chicken nuggets, fish fingers, battered onion rings and tempura.		Refer to relevant portion size table
Pastry: including shortcrust, flaky, filo, choux and puff, used in quiches, meat pies, fruit pies, fruit tarts, sausage rolls, pasties, samosa.		Refer to relevant portion size table
Desserts: include cereal and starch based desserts such as rice, semolina, tapioca pudding, fruit-based desserts such as jelly, fruit compote, crumbles, and sponge puddings, vegetable-based desserts such as soya-based mousse, egg-based desserts such as ready to eat products and products prepared from egg such as flans, egg custard, custard fillings in pies, meringues, dairy-based desserts such as puddings with dairy-based fillings, fruit or flavoured yoghurt or other fermented milk and/or milk products, ice cream, mousse and fat-based desserts, such as ice cream, made with vegetable fats.		
Fruit pies, sponge puddings or crumbles	80-100g	100-120g
Fruit jelly (portion size excludes fruit)	80-100g	100-120g
Cakes and biscuits: include manufactured, bought-in products and prepared from scratch cakes and biscuits such as individual cakes, buns and pastries, scones, sweet and savoury biscuits.		
Cakes, tray bakes, muffins, scones, doughnuts	40-50g	50-60g
Biscuits and flapjack	25-30g	30-40g
Ice cream	60-80g	100g
Pizza base	50-70g	80-100g
Savoury crackers, bread sticks (served with fruit, vegetables or dairy foods); portion size excludes fruit.	10-15g 1-2 crackers	15-30g 2-3 crackers
Condiments: include ketchup, mayonnaise, salad cream, brown sauce, chutney.	no more than 10g, or one teaspoonful	
Gravy	20-30g 1 tablespoon	40-50g 2 tablespoons
'Snacks' means pre-packaged items other than confectionery, sandwiches, cakes or biscuits, which are ready to eat without further preparation and which consist of or include as a basic ingredient potato, cereals, soya, nuts, seeds, fruit or vegetables.		Refer to relevant portion size table for fruit, vegetables and crackers
Confectionery: includes cereal bars, processed fruit bars, non-chocolate confectionery (whether or not containing sugar), chocolate in any form (except hot chocolate), any product containing or wholly or partially coated with chocolate and any chocolate-flavoured substance. Cocoa is permitted.		Not permitted - no portion sizes provided



Healthier Drinks

Fruit/vegetable juice (maximum portion size)	150 mls	150 mls
Drinking milk	150-200 mls	200-250 mls
Combination drinks (fruit juice/water, flavoured milk) (maximum portion size)	330 mls	330 mls