



**Wilberforce Primary**  
The best in everyone™  
Part of United Learning

# Food Policy

Governor Ratification: October 2019

Next Review: October 2020

Headteacher: Mrs C Macfie



## **FOOD POLICY**

### **1. Introduction**

This policy covers all food provided and consumed in school; including before, during and after school, and on school trips and during extra-curricular events. The Local Governing Body delegates responsibility to the Headteacher to implement this policy and the Headteacher has appointed Mr David Young as the Healthy School Leader.

- The principles of this policy are based on the findings of:
- The National Diet and Nutrition Survey of 4 to 18 year olds;
- The Dietary Reference Values for Food Energy and Nutrients for the UK
- ([https://www.nutrition.org.uk/attachments/article/234/Nutrition%20Requirements\\_Revised%20Nov%202015.pdf](https://www.nutrition.org.uk/attachments/article/234/Nutrition%20Requirements_Revised%20Nov%202015.pdf));
- the School Food in England 2016 advice from the Department for Education ([https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/551813/School\\_food\\_in\\_England.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/551813/School_food_in_England.pdf))

### **2. Aim**

At Wilberforce Primary School (WPS), we recognise the important part a healthy, balanced diet plays in a child's wellbeing and their ability to learn effectively and flourish. We believe that our school, in partnership with parents and carers, can make a major contribution to improving children and young people's health, by increasing their knowledge and understanding of food and helping them to make sensible food choices.

### **3. Responsibility**

It is the responsibility of all staff, including teaching, support staff and catering staff to implement this food policy. All staff will act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make informed food choices.

Caterers and kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and for contributing to a welcoming and positive eating environment. Parents and carers receive the catering menu for the term and are advised to share this with their children in advance.

### **4. Teaching about healthy eating and cooking in the curriculum**

Food, its production and preparation, is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSED/PSHE and PE.

## **5. Visitors in the classroom**

The school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils.

## **6. Nut allergies**

We are a nut-free school. However, we cannot guarantee that all food products are totally free of nuts. Parents and carers are asked to refrain from providing food products that may contain nuts, in packed lunches or any other food brought into the school for social events. Pupils with a nut allergy have an individual medical plan that is created by school staff, parents/carers and the school nurse. All school staff are given anaphylactic training by our school nurse, so that they can recognise and manage allergic reactions.

## **7. Drinking water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water.

## **8. Breakfast**

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. Skipping breakfast can make children feel tired, restless or irritable. Children need to refuel in the morning with a healthy breakfast, so that they are ready for a busy day at school. The school provides a free breakfast club for children every morning.

## **9. School lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents and carers to take this up. Class teachers join their pupils periodically for lunch and use this to monitor and encourage healthy eating, as well as to develop pupil's personal and social skills. We expect all pupils to use a knife and fork correctly and to show good table manners.

## **10. Partnership with parents and carers**

We inform and involve parents and carers about healthy eating through the school website and newsletters. The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned.

We ask parents and carers not to send food or drinks that conflict with our food policy and we remind them that only water or milk should be consumed during the school day.

During out of school events, the school will encourage parents and carers to consider the food policy in the range of food and drinks offered. Parents and carers are also informed of the school meals on offer through the termly menu being sent home.

Parents are given information about the annual national weight measurement programme that children in Reception and Year 6 take part in.

## **11. Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons, pupils are also not permitted to swap food items.

## **12. Packed lunches**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container, particularly during periods of warm weather.

## **13. Packed lunch guidelines**

For a balanced packed lunch, please try to include one each of these healthy food types and drinks.

You will see that there are five components, plus a drink, which make up an 'ideal' lunch:

**Fruit** - Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit.

**Vegetables** – Essential for vitamins and minerals and fibre. Try to include at least one portion of vegetables.

**Protein** - Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, or beans.

**Starchy foods/carbohydrates** - Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are ideal, such as wholemeal bread rather than white.

**Milk and dairy foods** - Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

**Please try to avoid** - Crisps, biscuits, sweets, chocolate and any snacks that are high in fat, sugar or salt.

**Drinks** - Fresh, cooled water will be freely available for your child on the table at lunchtime and you can include a bottle in your child's packed lunch.

#### **14. Monitoring packed lunches**

To promote healthy eating, we will regularly monitor the content of packed lunches and involve pupils and staff. If necessary the Packed Lunch Monitoring letter will be sent home with the pupil, advising the parents what was wrong with the packed lunch supplied that day. If pupils consistently bring packed lunches that do not adhere to these guidelines, parents and carers will be required to meet with their class teacher and/or a member of the SLT to resolve the school's concern.

#### **15. Use of food as a reward**

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.



**Wilberforce Primary School's**

**Guide to a Healthy Packed Lunch**



Wilberforce Primary School recognises the benefits of a well-balanced hot school meal for children in the middle of the school day, and would recommend this to parents and carers as the best option. If parents and carers decide to send in a packed lunch from home, the following recommended guidelines, set out by the British Nutrition Foundation, should be noted.

**Sandwich Switchers**

<b>As a treat</b>		<b>Healthy</b>
Jam/ chocolate spread 		Banana 
Fish fingers 		Tuna and sweetcorn 
Fried egg		Egg mayonnaise and tomato



learning



Croissant



Bagel



Butter



Cheese and cucumber





**Snack Switchers**

<b>As a treat</b>		<b>Healthy</b>
Cereal bar 		Raisins/ dried fruit 
Cakes 		Rice cakes 
Biscuits 		Carrot or cucumber sticks 
Crisps 		Plain popcorn 
Sweets 		Sugar free jelly 
Chocolates 		Yogurts 



Keep a selection of bread products in the freezer and simply defrost what you need. Try sliced bread, bread rolls, pitta.

Try wholemeal, granary, best of both or seeded bread for variation.

Try freezing yogurt tubes at home. It will be defrosted by lunchtime and keep your lunchbox cool in the meantime!

Save money – cut cheese into cubes instead of buying cheese strings or pre-packed cheese portions.



Cook some extra pasta or rice for dinner the night before to make into an effortless and tasty salad for lunch the next day.

Small pots with lids are a great way of keeping carrots sticks, cucumber sticks or cherry tomatoes fresh in a lunchbox.

Buy sachets of sugar free jelly, make it up in small pots with lids. One sachet will make enough for 4/5 days – remember to provide a spoon!

Provide fruits in small pots, which is easy and quick to eat – try canned pineapple, satsuma segments, raisins, dried fruits, grapes, strawberries and peeled/ cut kiwi fruit.

Always include a drink to help your child concentrate. Still water or plain milk are recommended.

Making plain popcorn is easy, quick and cheap:

- Buy the kernels from the supermarket.
- Place a small portion in a container and cover.
- Place in the microwave and heat for the required time.
- This will stay fresh for a few days in an air tight container, so you can make enough for a few days.

One large Capri Sun juice drink contains 7½ teaspoons of sugar!

Water is always advised and recommended.

Water is best for healthy teeth too!

- Drinks stating that they contain no added sugar will have artificial sweetener (e.g. aspartame) instead. These are not recommended for children
- A produce is high in sugar if it contains 10g or more of sugar per 100ml. A produce is low in sugar if it contains 2g or less per 100g

**A child's lunch should only include the following:**

- A portion of starchy food, e.g. sandwich, wrap, roll, pitta bread, bagel, pasta or rice
- Fresh fruit and vegetables, e.g. apple, orange, banana, cherry tomatoes, carrots or cucumber
- A portion of dairy food, e.g. cheese, yoghurt or milk.
- A small portion of a protein rich product, e.g. chicken, ham, cheese, egg, tuna or hummus
- A drink – plain water or milk (not flavoured)

**The following items in your child's packed lunch is not permitted:**

- Sweets (Inc. Winders)
- Any foods containing nuts
- Fizzy drinks, squash or juice drinks
- Crisps
- Cakes
- Chocolate bars
- Biscuits



\_\_\_\_\_  
Name of child

\_\_\_\_\_  
Class

The Leadership Team conducted a packed lunch check and it has been noted that your child was not provided with a packed lunch which complies with our Food Policy today. All families at Wilberforce Primary School have agreed in our Home-School Agreement, which was signed on joining the school, to abide by all school policies, including the Food Policy. The healthy packed lunch guide within our Food Policy may be found on our website or you may request a paper copy in the School Office.

Children should come to school each day with a healthy packed lunch, as it has been proven that healthy eating improves concentration and learning. Please see below the item(s) of your child's packed lunch that need to be replaced. If you require ideas or advice, please look at our Food Policy or speak to your son/ daughter's class teacher.

Packed lunch contents	Please adjust the item(s) ticked below
Unhealthy sandwich/ roll/ wrap/ bagel filler	
Unhealthy snack	
Incorrect drink	
No nuts allowed	
No sweets allowed	
No chocolate allowed	
No crisps	
No cakes	
No biscuits	
Include fruit/ vegetables	

Any other areas to note:

We would be grateful if you could amend your child's packed lunch as soon as possible. Thank you for your continued support.

\_\_\_\_\_  
Name of Leadership Team Member

\_\_\_\_\_  
Date