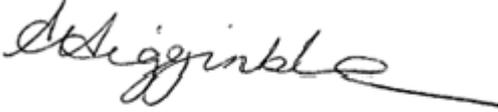




Federation Food Policy (Learning and Growing Together)

Date reviewed	24th January 2022
Review Cycle	Every 2 years, or when there is a change in statutory guidance or legislation
Review Date	January 24
Signed Headteacher	
Signed Chair of Governors	



1. **Values and Ethos.** The Merriott and Haselbury Plucknett Federation is dedicated to creating an environment that promotes healthy eating and enabling pupils to make informed choices about the food they eat. Through a well-planned and taught curriculum, enrichment activities and encouragement and guidance with our food and drink provision, we aim to improve the health and wellbeing of children and foster a healthy respect for their bodies. At this school we believe a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills. With this in place we can work towards our vision of 'learning and growing together'.

2. **Aims of the policy.**

- a. To enable pupils to make healthy food choices and the development of appropriate skills and attitudes through cross-curricular learning.
- b. To provide healthy food choices throughout the school day.
- c. To encourage a positive attitude to healthy eating for later life.
- d. To ensure food education plays a fundamental part in our curriculum.
- e. To develop a positive attitude to healthy lifestyles through all aspects of school life.

3. **Roles and Responsibilities.**

- a. It is the responsibility of the Headteacher and named health and safety governor to ensure that both staff and parents are informed about our policy, and that the policy is implemented effectively.
- b. All school staff, especially teachers and MDSAs, 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. MDSAs will provide guidance as required.
- c. The DT Food and Nutrition curriculum will be taught by teaching staff including Teachers, HLTAs, TAs / 1:1s or volunteers under the direct supervision of the class teacher. It is the DT subject leader and named H & S governor's responsibility to ensure that all members of staff are given sufficient training so that they can teach effectively.
- d. The Headteacher and named governor will monitor this policy on a regular basis and report to the governing body, when requested, on the effectiveness of the policy.

4. **Curriculum Design and Learning.** DT Food and Nutrition is taught across our curriculum through multiple teaching methods to provide a rich variety of learning including but not limited to; themed weeks / activities, whole school events, cross-curricular learning (Science, PSHE), tasting sessions, food preparation and cooking and group discussion. These methods are taught at an appropriate level throughout each key stage and, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

5. **To support the curriculum, we will;**

- a. Help pupils to understand the importance of a well-balanced diet.



- b. Give pupils the opportunity to plan, prepare and cook healthy, tasty meals.
- c. Give pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- d. Encouraging pupils to eat and cook with vegetables that they have grown at home and / or within school.

6. **Resources.**

- a. The Merriott and Haselbury Plucknett Federation have access and links to organisations such as Food A Fact Of Life; <https://www.foodafactoflife.org.uk/> and The British Nutrition Foundation; <https://www.nutrition.org.uk/>
- b. We also have the capacity to provide opportunities for children to grow their own fruit and vegetables.
- c. The servery in school provides an area to serve hot meals from safely.

7. **Food and drink provision throughout the school day.**

- a. In 2013 the Government announced new standards for school food which cover all food sold or served in school: breakfast, lunch and after-school meals; and tuck, vending, mid-morning break and after-school clubs.
- b. Hot Lunches. Our hot lunches are prepared by Wadham School who provide us with their annual certificate stating their food meets the National Nutritional Standards for School Lunches.
- c. Break-Time snacks. EYFS and KS1 are provided with a free healthy snack choice and KS2 can bring in a fruit or vegetable snack, as the school understands that snacks can be an important part of the diet of children and can contribute positively towards a balanced diet.
- d. Use of food as a reward. The school encourages a balanced approach to celebrating with food, ensuring a mix of foods high in sugar or fat with foods that are low in sugar or fat.
- e. Occasions to celebrate. We understand it is important to eat healthily, however there are occasions when 'treats' are eaten in moderation and we will support the sharing of party food for birthday celebrations. We encourage a balanced approach to celebrating with food, ensuring a mix of foods high in sugar or fat with foods that are low in sugar or fat.
- f. Drinking water. We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration. The school provides a free supply of drinking water through water dispensers or classroom sinks. Pupils are actively encouraged to bring water bottles from home to use at break times and during lessons if needed. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- g. When other drinks are provided by school, they should be fruit or vegetable juices, milk



or milk / yoghurt-based drinks. Drinks provided by school should not contain added sugars or sweeteners.

- h. We do not permit fizzy and/or energy drinks, fruit juice and cordial are not permitted in class. During lunch times water is freely available with children using school provided drinking cups or their own water bottle.

8. Food and drink brought into school.

- a. Break-Time Snacks. We advise parents to send children with a healthy snack. This should ideally be a piece of fruit or vegetable. Snacks high in sugar, saturated fat and salt such as chocolate bars and crisps are not actively encouraged. **Nut products are not permitted.**
- b. Packed Lunches. The school encourages parents and carers to provide children with packed lunches that complement the food standards. This is achieved by promoting healthy packed lunch options. Parents are advised that pack lunches should include:
 - i) At least one portion of fruit and one portion of vegetables every day.
 - ii) Meat, fish or other source of non-dairy protein every day.
 - iii) Oily fish such as salmon, at least once every three weeks.
 - iv) A starchy food such as bread, pasta, rice, couscous, noodles, potatoes every day.
 - v) Dairy food such as milk, cheese, yoghurt every day.
 - vi) Healthy drink option
 - vii) **Nut products are not permitted.**
- c. Please support us by not including these items in a packed lunch:
 - i) Fizzy Pop.
 - ii) Sweets.
 - iii) Chocolate bars.
- d. Advice for parents on healthy packed lunches can be found at:
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

9. **School Trips.** Pupils will be encouraged to bring a healthy packed lunch along on school trips. Where appropriate a brief reminder of what constitutes a healthy packed lunch will be included in the school trip letter sent out to parents.

10. **Our Eating Environment.** The school hall is used for hot school meals and packed lunches at lunchtimes. It is our belief that meal times are social occasions and that pupils can talk and enjoy these times with their friends. Appropriate crockery and utensils are provided for all hot meals and appropriate table manners and knife and fork skills are practised and adhered to.

11. Special dietary requirements.

- a. It is the responsibility of parents to keep the school office up to date with any special dietary requirements as listed below. Please notify the school in writing regarding specific requirements.
- b. Religious and Ethnic groups. The school provide food in accordance with pupils' religious beliefs and cultural practices.



- c. Vegetarians and Vegans. Our hot meal provider offers a daily vegetarian option to order from on the online system. Any vegan requests are managed individually.
- d. Medical. Individual Health Care Plans are created for pupils with special dietary needs / requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements. School caterers are made aware of any food allergies/food intolerances/ medical diets and requests for these diets are submitted according to an agreed process.
- e. The school offices keep an up-to-date allergy list and send to all staff members regularly to make sure staff are aware of any religious requirements, allergies or intolerances within their classroom which can be referred to at any time especially when planning the DT Food and Nutrition curriculum.

12. **Our school has a 'No Nuts Policy' in place.** This means we will make sure that nuts are not used in class recipes, advise parents of alternatives to nuts, make sure our hot meal provider does not provide nuts in any of our meals. Staff regularly check pupils' lunch boxes to ensure they are compliant with our 'No Nuts Policy'.

13. **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 have guidance on food hygiene; and that suitable equipment and protective clothing are available. Temperature of hot meals are recorded on dispatch and before serving. Any food safety hazards are identified and controlled.

14. **Monitoring and evaluation.** This policy will be monitored by the head teacher and catering staff. It will be reviewed every 2 years. If you would like to make any comments about the policy, please feel free to contact us via the school office.

Annex:

A Lunch Service Food Safety Management System



LUNCH SERVICE FOOD SAFETY MANAGEMENT SYSTEM

(Related Documents – Somerset’s Food Safety Policy and Federation Food Policy)

