

Haddenham St Mary's CE School



FOOD POLICY

At Haddenham St Mary's CE School (HSM) we understand the importance of healthy eating and oral health and the importance of this in our children's education. We are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of their behaviours, and encourage them to take responsibility for the choices they make.

Named member of staff leading on healthy food: Headteacher

FOOD POLICY AIMS

- Set out a coordinated approach to food and drink to increase the availability of healthier options.
- Ensure equality of access and participation for all.
- Reinforce appropriate messages relating to food and drink, eg ensuring consistency between the formal curriculum and school food and drink provision.
- Establish effective school-caterer, teacher-parent working partnerships, working towards a common goal.
- Communicate our school's shared vision, ethos and values to pupils, staff, parents, and other stakeholders (including the wider community).
- Support ethical buying.
- Use locally grown, environmentally sustainable food wherever possible.
- Use as much fresh food as possible.
- Link our menus to seasonal produce where possible.
- Ensure all allergies and dietary requirements are catered for appropriately.
- Ensure that our suppliers, local and national are committed to providing best quality and value, with the highest standards of accredited health and safety. We expect them to have procedures covering full traceability of source through the supply chain, with comprehensive food-labelling, supplying information on both allergens and nutritional data

Food and sharing food are an important part of what we do as a school. At HSM, we have our own hub kitchen, 'Homemade@HaddenhamStMary's (Homemade). Homemade ensures that the children sit together at the same time and share the same meal. These meals are cooked in our kitchen at HSM and served fresh and hot by our team. We try to source as much produce as we can locally and carefully plan our menus to ensure that the school food standards requirements are met.

The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the School Council. We cater for vegetarians, and for medical dietary needs or allergies. We work with children and parents to make sure that children with dietary needs are able to eat the food on offer.

We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

1. FOOD AND DRINK PROVISION THROUGHOUT THE DAY

As part of the School Food Plan, a set of standards for all food served in schools was launched by the Department for Education in 2015. These 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, tuck shops and after school clubs. For more information, please refer to: <http://www.schoolfoodplan.com>

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Breakfast Club

Breakfast is an important meal and should make up one quarter of a child's energy requirements and can provide essential vitamins and minerals.

We offer a variety of different fruits and vegetables every day, e.g. bananas, apples, oranges, pears and dried fruit.

Healthy breakfast options on offer at HSM:

- A selection of cereals including low sugar, low salt, high fibre alternatives.
- Plain cereal with wholegrain varieties to reduce overall sugar content.
- A variety of different types of bread for sandwiches and toast including wholegrain varieties.
- Toast with different toppings eg low fat spread, reduced sugar jam, low fat soft cheese, bananas or beans and marmite.
- Semi-skimmed milk for drinking, with cereal or in smoothies and low fat yoghurt.

Snacks

At HSM we understand that snacks can play an important part of the diet of children and can contribute positively towards a balanced diet. The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. Snacks provided for children by school are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

School Lunches

Food prepared by Homemade meets the national school food based standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly, ensuring that the meals reflect on the views of the children.

In September 2014 the Government introduced universal free school meals for all children from Reception to Year 2, the school encourages parents and carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal. There is research to show that children who eat a wholesome hot meal at lunchtime perform better academically in the afternoon. Statistics show that only 1% of packed lunches meet the Government nutritional standards.

Children sit in their year groups in the school hall. Children sit at the tables in a family style setting.

Drinks

Water is available for all children throughout the day, free of charge. Children may drink water at any convenient time. We encourage all children to have a named water bottle in school.

Milk is available for children at least once a day at lunchtime and at our before and after school clubs.

2. FOOD AND DRINK BROUGHT INTO SCHOOL

Due to the severity of some allergies in school we are a nut free school.

Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches. We do not allow sweets or fizzy drinks to be consumed in school.

Preparing a balanced child's lunchbox: this could include:

- Starchy foods - these are bread, rice, potatoes, pasta and others.
- Protein foods - including meat, fish, eggs, beans and others.
- A dairy item - this could be cheese or a yoghurt.
- Vegetables or salad and a portion of fruit.
- A healthy drink such as water, milk or 100% fruit juice.

For more information: www.childrensfoodtrust.org.uk

Snacks

Snacks that are provided by parents are accessed by children at break time only in KS1 and are offered in the morning in EYFS. We encourage parents to provide high calorie snacks but where possible to limit the amount of sugar and fat content.

3. COOKING AND FOOD EDUCATION IN THE CURRICULUM

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum.

At HSM we ensure that food and nutrition is:

- Taught at an appropriate level throughout EYFS and KS1.
- Linked to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.

In science and PSHE the children learn about living a healthy lifestyle and how to have good oral health.

Pupils who attend after school club are given fruit as a snack.

4. SPECIAL DIETARY REQUIREMENTS

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance

HSM is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian option for each hot meal.

5. FOOD SAFETY

HSM has adequate facilities and suitable equipment. All food handlers are appropriately trained and all identifiable hazards are addressed.

Staff training - at HSM we:

- Require all staff who assist with food preparation to possess a basic food hygiene certificate.
- Train the catering staff in Hazard Analysis Critical Control Points (HACCP) system of food hazard awareness and Control of Substances Harmful to Health (COSHH) procedures.

- Ensure that all catering staff have clearly allocated responsibilities that they understand.
- Train all staff in emergency procedures and how to shut-off of gas/electricity.
- Maintain records of training.
- Conduct annual refresher training.

Staff uniforms and personal hygiene

- Ensure that all staff wear their appropriate uniforms and protective clothing at all times when they are in areas where food is prepared and served.
- Ensure compliance with the hand-washing or hand-cleansing regime at all times.

Monitoring incoming supplies

- Inspect (or ensure that an authorised member of staff inspects), temperature checks, where appropriate, and signs for all incoming supplies and stores before acceptance.
- Reject any non-compliant items.
- Arrange for the safe transit and proper storage of food supplies.

Food Preparation, serving and consumption

- Inspect all areas where food is prepared, served and consumed for cleanliness and hygiene at both the start and end of every meal.
- Monitor the dining room, counters, trolleys/conveyors for dirty plates, cutlery etc, together with the containers/bins for waste food throughout the service of every meal.
- Ensure that all spills are dealt with promptly and safely. If necessary, cordon off areas of the floor that have become slippery.
- Check (and record) the temperatures of the hot and chilled service counters on a daily basis and report any faults promptly to the appointed contractor or to the School Business Manager.

Equipment Monitoring

- Check all kitchen equipment (or ensure that a member of staff inspects) on a daily basis in order to ensure that it is functioning properly, and keep a record of this.
- Take (or ensure that a member of staff takes) the temperature with a probe of all meat or fish that is being cooked, and keep a record of such.

Purchasing and checking stock

- Ensure that food supplies are purchased only from a reliable and authorised source.
- Check that all supplies used are in date and undamaged.
- Check that stock is properly stored as soon as it arrives.

Professional assistance

- Arrange a professional deep cleaning of all equipment, high level cleaning of all cooking, food preparation and storage surfaces, areas at least once per year.
- Ensure that an appropriate pest control regime is in place.

Equipment

Failure Report all equipment failure to the appointed contractor or to the School Business Manager. As soon as it is discovered.

First aid

Ensure that the kitchen first aid box is kept fully stocked in accordance with professional recommendations.

Signage

Display the appropriate allergy, first aid, COSHH and emergency notices.

Waste disposal

Arrange the hygienic disposal of waste in accordance with recommended practice. Manage a recycling regime for: paper, card, clean glass and clean tins in accordance with the School's recycling policy.

Exemptions to the School Food Regulations

The School Food Regulations do not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions.
- At fundraising events.
- For use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch.
- On an occasional basis by parents or pupils.