

SUTTON BENGER C of E Aided PRIMARY SCHOOL

WHOLE SCHOOL FOOD POLICY

RATIONALE:

Sutton Benger School recognizes the important connection between a healthy diet and children's ability to learn effectively and achieve high standards in school. Our school also knows the role it can play a role as part of the larger community. Sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and develop social skills.

AIMS:

Through our aims and practices we will ensure that the school meets the School Food Standards. The purpose of these standards is to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour. Further information on the School Food Standards can be found by following the link below:

<https://www.gov.uk/school-meals-healthy-eating-standards>

Our aims are:

- To improve pupils' understanding of the importance of health and well-being, equip pupils to make informed choices about food throughout their lives, and ensure equal access for all.
- To ensure all provision of food, e.g. school lunches, break time snacks and after school club snacks reflect the school's food policy.
- To provide a pleasant eating environment where children are encouraged to demonstrate good table manners etc.
- To provide extended opportunities for children to develop their understanding of how food is grown, prepared and cooked e.g. cooking activities in DT lessons or growing seeds as part of their Science learning.
- To participate where appropriate in local and national initiatives such as the Wiltshire school fruit and vegetable scheme, and British Food fortnight to raise awareness of healthy lifestyles.
- To increase pupils' knowledge and understanding of food hygiene and production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To introduce and promote practices within the school to reinforce these aims.

OBJECTIVES:

To work towards ensuring that this policy is accepted and embraced by the whole school community, including:

- Governors
- School leadership team

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- The School Cook, Assistant Cook and Midday Supervisory Assistants (MDSAs)
- Teachers and support staff
- Pupils
- Parents and carers
- The wider school community

The whole school community is committed to creating an environment, both physical and social, conducive to the enjoyment of safe, tasty and nutritious food.

PROVISION OF FOOD:

The eating environment

- All pupils eat their lunch in the hall with their own class and then move outside for playtime.
- A split lunch time (KS1: 11:45am-12:45pm and KS2: 12:15pm – 1:15pm) ensures that children are not queuing up for a long time for their lunch and are able to be seated comfortably in the hall.
- Children are encouraged to eat their lunch and use ‘indoor voices’ in order to maintain a calm and relatively quiet environment.

School lunches (provided by the school)

- All school lunches are cooked onsite by the School Cook with the support of her Assistant Cook.
- All children in Key stage 1 are entitled to receive free school lunches under the DfE funded scheme Universal Infant Free School Meals (UIFSM).
- Each day there is the option of: a meat main course, a vegetarian main course or a jacket potato with fillings. For dessert there is always fruit and yoghurt, as well as another sweet option.
- Children have free access to the salad bar in order to add additional vegetables to their meals. Children are strongly encouraged to do this by the school kitchen team.
- All children eat the savoury part of their school lunch first and ask a member of staff before beginning their dessert.
- Fresh drinking water is provided in the hall.
- Children who eat too little or too much food are monitored and encouraged to make good food choices. Teachers and parents are informed.
- The School Cook, Assistant Cook and Midday Supervisory Assistants (MDSAs) are made aware of any children who have special dietary needs or allergies. This information is also displayed in the kitchen, classrooms and the staff room.
- The school sometimes has themed days related to a topic or time of year and there is a ‘special menu’ of related dishes.

Packed lunches (provided by parents)

- MDSAs monitor the contents of the children’s lunchboxes to ensure they are receiving a healthy, balanced diet.
- MDSAs inform class teachers if a child is repeatedly having an unhealthy packed lunch. Teachers inform parents and signpost them to relevant guidance on what a healthy packed lunch should include.
- Children bring their water bottles in to the hall at lunch time.

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Snacks for break time

- Free milk is offered to all children until their fifth birthday.
- Free fresh fruit/vegetables are provided for all children in FS2, Year 1 and Year 2.
- The school website provides parents with guidance on what constitutes a healthy snack for break time.
- Fresh drinking water is always available.

School meals (breakfast club)

- The Early Birds (breakfast club) is offered from 7:45am. Children attending are provided with a choice of cereals and milk, white or brown bread, fresh fruit and milk, juice or water. Sometimes they have an option of items such as pancakes or croissants.
- The food is prepared fresh on site daily by the Early Birds Leader and the Early Birds Assistant.
- After the children have eaten their breakfast they have the opportunity to play different games together, or sit and read or draw.

School meals (after school club)

- The Tea Birds (after school club) is offered from 3:15-5:30pm. Children attending are provided with a healthy snack when they first arrive.
- Parents can choose to pay for a cold tea for their child (a filled sandwich/roll/wrap, fruit, yoghurt and a sweet item).
- The cold tea is prepared fresh on site daily by the School Cook/Assistant Cook.
- After the children have eaten their snack, they have the opportunity to participate in a range of activities, including arts and craft, cooking, computing and sports.
- Fresh drinking water is always available.

CURRICULUM:

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and Science in particular and through a range of cross-curricular links.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE. The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.
- Pupils' knowledge and understanding of food hygiene and production, manufacturing, distribution and marketing practices, and their impact on both health and the environment may also be developed through the primary curriculum.

OTHER POINTS TO NOTE:

- Sweets/chocolates brought into school to give out for special occasions, such as birthdays, are permitted. Children are allowed to take one sweet/chocolate each at the end of the day; they must take this home with them so that their parent/carer can decide if/when they can eat it.
- Multicultural food is encouraged during topics and celebrations in order to help the children develop their understanding of cultures and traditions other than their own.
- Leftover fruit and milk from Key Stage 1 is offered to older children when possible.
- The use of sweets as a reward is kept to a minimum. Instead, children are rewarded with praise, stickers, certificates and visits to the Headteacher.

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MONITORING AND EVALUATION:

This policy is to be monitored by the Senior Leadership Team. The governors' Value for Money Committee will review this policy to ensure that the practice within the school matches the policy. Where there are differences, the policy will be formally reviewed.

Appendix 1: Information on health and safety requirements for food preparation and production.

Appendix 1:

Food Preparation and Production

School Meals Service

All legal requirements relating to the Food Safety Act and its Regulations so far as the production of school meals is concerned are the responsibility of either the School as meal provider or the contracted meal provider.

Schools which use its own employees to prepare school meals/snacks must ensure that all involved are properly trained, instructed and supervised as well as ensuring that other legislative standards are being complied with.

Food prepared on the School premises

Any area where food or drink is regularly produced (see 'please note ...' on the next page for definition of 'regularly') should be registered as a 'food business' with the Council. Areas such as serveries or kitchenettes used by the PTA or others for group or function catering may fall within this requirement.

Areas where food is prepared or produced as a purely educational activity such as Food Technology rooms are generally accepted as being exempt from registration requirements although, of course, good hygiene standards are expected and should be maintained in such areas.

Remember that if food is produced as an educational activity and then regularly sold either on or off the school premises (such as 'morning break', tuck shop, etc) your Food Technology area becomes a food business and the full force of the Food Safety legislation will apply to that area. (See 'please note' re: 'sold' and 'regularly'.)

Generally speaking, staff rooms and offices where items of food may be prepared or produced for individual requirements would not fall within the provisions of the Food Safety legislation.

Any person who is involved in the preparation of food for sale (see 'please note ...') must be trained, instructed or supervised to an extent commensurate with that task. The Codes at the end of this section should also be displayed in these areas.

Compliance with the legal requirements of the relevant Food Safety legislation and the responsibility for food prepared on site by any 'non-school' person or group, e.g. a hirer of the premises, lies with that person or group.

Food Preparation and Production

Food brought into school for sale or general consumption

The school has responsibility for ensuring so far as is reasonably practicable the safety of those consuming any such food.

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This includes food provided by parents or other non- commercial or private sources for classroom parties, fetes, PTA functions or any other type of school sponsored events.

As it is impossible to be entirely confident of the methods of preparation and storage of such food, schools are advised to restrict such provision to the less risky types of food such as cakes without cream, scones, fruit, pastry items or pre-packed manufactured food. To be particularly avoided are high protein items such as meats, fish, eggs, milk products, mayonnaise and other dairy product items unless the school can be sure that they have been safely prepared and correctly stored until the point of sale or consumption.

PLEASE NOTE...

The definition of 'sale' as defined for the purposes of the Food Safety Act includes the offering of food as a prize or reward (e.g. raffle prizes) or, food which is given away at any entertainment to which the public are admitted whether on payment or not, and includes any social gathering, performance, exhibition, game or sport. This is, of course, in addition to the accepted meaning of 'sale'. NB: School staff and pupils are defined as 'public'.

'Regularly' as in regularly produced means the use of the premises for food preparation/production or sale for five or more days, whether consecutive or not, in any period of five consecutive weeks.

Food Preparation and Production

Enforcement of the Food Safety Act and associated Regulations

The Council is the enforcement authority for the purposes of the Act and the associated Regulations. The Environmental Health Officers of the Council are enforcement officers and are empowered to inspect any food premises in exactly the same way as HSE Inspectors inspect general safety matters.

Schools are required to co-operate with such enforcement officers and allow entry onto or into the premises at any reasonable time in the pursuance of their duties.

Schools with school meals kitchens or serveries will usually receive a routine Food Safety inspection by an Environmental Health Officer on a regular basis based on food safety risk and management confidence.

It should be noted that conviction for breaches of Food Safety legislation is punishable by substantial fines or imprisonment or both.

Any member of staff preparing school meals/snacks should have the CIEH Level 2 Award in Food Safety.

Qualification Information

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This course covers the basics required in the area of basic food hygiene. For more information on course details see:
http://www.cieh.org/training/food_safety.html

Related Links: **DfE food standards:** <https://www.gov.uk/school-meals-healthy-eating-standards>

For general advice on any aspect of Food Safety/Food Hygiene outside of the classroom contact:

Environmental Health & Pest control at Wiltshire Council 0300 456 0107

Health and Safety Service 01225 713185

The Code for Safety in Food Preparation and Food Handling Areas

The Code for Food Handlers

1. Always wash your hands before touching any food and after using the W.C., sneezing, blowing your nose or handling refuse/swill.
2. Tell the responsible person at once of any skin, nose, throat or bowel trouble. Never cough or sneeze over food.
3. Cover cuts and sores with waterproof dressings.
4. Wear clean protective clothing when handling food. Keep fingernails short and ensure your hair is under control.
5. Smoking in the food room is illegal and dangerous.
6. Clean and tidy as you go.
7. Store cleaning materials and equipment separate from food and cooking equipment.
8. Wash and **boil!** kitchen cloths daily.
9. Keep food clean, covered and either cold, 5°C or below, or hot, above 63°C.
10. Meat should be defrosted thoroughly and cooked thoroughly, particularly poultry.
11. Keep your hands away from the food as much as possible.
12. Keep cooked foods separate from any raw food, particularly meats. Do not use the same equipment for preparing raw and cooked food unless it has been thoroughly cleaned in between times.
13. Keep swill and rubbish separate and keep the lids on the bins.
14. Wash equipment in water containing detergent, held at a temperature of 55° - 60°C and which is changed frequently. Wear rubber gloves.
15. If necessary, sterilise by immersion for at least two minutes in clean water held at a temperature of not less than 82°C.
16. Draw the attention of the responsible person to any damaged or defective equipment.

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