



Bishop Lonsdale Church of England Primary School & Nursery

Whole School Food/Healthy Eating policy

Statement of intent

At **Bishop Lonsdale**, we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports, and is supported by, the provision and opportunities for eating and drinking within school.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We understand that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships, and inter-generational bonds.

Signed by:

_____ Headteacher Date: _____

_____ Chair of governors Date: _____

1. Legal framework

1.1. This policy has due regard to statutory legislation, including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Products Containing Meat etc. (England) Regulations 2014
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Education Act 1996 (as amended)

1.2. This policy also has due regard to guidance, including, but not limited to, the following:

- DfE 'School food in England' 2016
- The School Food Plan 'School Food Standards: A practical guide for schools their cooks and caterers' 2014

2. Aims

The Catering team will:

- Ensure that all lunches, and any other food or drink, meets the school food standards.
- Provide hot lunches, wherever possible, to ensure that all pupils are able to eat one hot meal a day.
- Provide free school meals to a pupil if the pupil and/or their parent meets the eligibility criteria within the Education Act 1996.
- Provide facilities to eat food, which include accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Provide lower-fat milk or lactose-reduced milk at lunchtimes.
- Ensure drinking water is available at lunchtime.
- Provide a salad bar, wholemeal bread and fresh fruit daily.
- Encourage children to try different vegetables even if it is just a small portion.
- Provide parents with information such as menus and recipes that promote healthy eating.

The wider school will:

- Encourage children to drink water regularly throughout the day.
- Advise parents to send their children to school with a named water bottle. Water bottles are available to buy from the Office. Encourage parents to provide their children with a healthy packed lunch.
- Encourage parents to provide their children with a healthy packed lunch. Ensure that milk is provided free of charge to infant and benefits-based free school meals pupils.
- Provide a free piece of fruit or vegetable outside of school lunch hours for pupils between four and six years old who are eligible through the School Fruit and Vegetable Scheme. Children in KS2 can bring in fruit or vegetables from home for morning break.
- Provide wholemeal bread in morning break and for Free Toast Days.
- Promote healthy eating and nutrition through PSHE Science and DT.
- Promote multi-cultural aspects of food and link to school meal theme days.
- Encourage children to understand where food comes from and how to grow their own fruit and vegetables by using the school's allotment.

During Breakfast Club and After School Day Care:

- Toast, fruit cereal and milk are available during Breakfast Club. A variety of balanced and nutritious meals are provided at After School Club.

3. Current food-based standards for school lunches

Starchy food:

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
- Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
- A type of bread with no added fat or oil will be available every day.

Fruit and vegetables:

- One or more portions of vegetables (all types) will be available every day.
- Three or more different types of vegetables will be provided each week.
- One or more portions of fruit (all types) will be available every day.
- Three or more different types of fruit will be provided each week.
- A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.

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

- A portion of meat, fish, eggs, nuts, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week.
- Oily fish will be provided once or more every three weeks.
- A portion of non-dairy sources of protein will be provided on three or more days every week.

Milk and dairy:

- A portion of cheese, yoghurt, fromage frais or custard will be provided every day.

Food high in fat, sugar and salt:

- Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school lunches.

4. Food provided as part of a school lunch or otherwise

- Starchy food, which is cooked in fat or oil, will not be provided on more than two days each week.
- A meat or poultry product (manufactured or homemade and meeting the legal requirements) will be provided no more than once a week.
- No meat will be provided if it contains any carcase parts, in accordance with The Products Containing Meat etc. (England) Regulations 2014.
- No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.
- No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated will be provided each week.
- No more than two portions of food which include pastry will be provided each week.
- No snacks other than nuts, seeds, vegetables and fruit with no added salt, sugar or fat will be provided. Where dried food is provided, it will have no more than 0.5 percent vegetable oil as a glazing agent.
- Confectionery will not be provided.
- Salt will not be available to add to food after the cooking process is complete.
- Condiments will only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.

The only drinks that will be provided are as follows:

- Plain water (still or carbonated)
- Lower-fat milk or lactose-reduced milk
- Fruit juice or vegetable juice of no more than 150mls per portion
- Plain soya, rice or oat drinks enriched with calcium
- Plain fermented milk drinks

NB. Whole milk may be provided for pupils up to the end of the school year in which they reach five-years-old.

5. Portion sizes and food groups

The school will use the following portion sizes and food groups for school lunches, in accordance with The School Food Plan's 'School Food Standards: A practical guide for schools their cooks and caterers' guidance document.

Starchy foods

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Bread	N/A	(50-70g) • 1-2 slices of medium bread • 1 small roll • 1 small or ½ large bagel • 1 small pitta • 2 6-inch wraps • 1 10-inch wrap	(80-100g) • 2 thick slices of bread • 1 large roll or sub roll • 1 large bagel • 1 large pitta • 1 12-inch wrap
Potatoes or sweet potatoes	Raw	120-170g	200-250g
Jacket and baked potatoes	Raw	200-280g	330-410g
Other starchy root vegetables, e.g. yam and plantain	Raw	100-150g	150-200g
Pasta and noodles	Dried	45-65g	65-80g
Rice	Dried	33-55g	55-65g
Other grains, e.g. cornmeal and couscous	Dried	40-60g	60-70g
Potatoes cooked in oil or fat	Raw	70-100g	120-150g
Garlic bread	N/A	20g (1 slice)	40g (2 slices)

Fruit and vegetables

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Vegetables or mixed salad	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach and spring greens	Cooked	40-60g (1-2 tablespoons)	80g (2-3 tablespoons)
Pulses, including lentils, kidney beans, chickpeas	Dried	15-20g	30g
	Cooked	40-60g (1-2 tablespoons)	80g (3 tablespoons)
Baked beans in tomato sauce	Cooked	50-70g (1-2 tablespoons)	90-100g (3 tablespoons)
Vegetable-based soup	Cooked	200-250g	250-300g
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, plums, apricots, tangerines, kiwis	Raw	50-100g (1 fruit with skin)	80-100g (1-2 fruits with skin)
Small fruit, 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)
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (2-3 tablespoons)	130g (3-4 tablespoons)

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

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Roast red meat including beef, lamb, pork, veal, venison and goat	Raw	50-80g	80-95g
Roast poultry including chicken, turkey, duck and other dishes made from these products	Raw	60-85g	85-125g
Read meat or poultry in dishes, e.g. casseroles and pies	Raw	50-75g	75-90g
Meat-based soup	Cooked	200-250g	250-300g
White fish, e.g. pollock, haddock and cod, which is cooked alone or in a dish	Raw	60-90g	90-125g
Oily fish, e.g. salmon, sardines and mackerel	Raw	55-80g	80-110g
Fish or shellfish, e.g. tuna, salmon, mackerel and prawns, which is served in a salad, baked potato or sandwich	Cooked	50-70g	70-100g
Breaded or battered fish, e.g. fish fingers, fish cakes	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, e.g. tofu	Cooked	50-70g	70-100g
Pulses, e.g. beans, chickpeas, lentils	Raw	20-25g	40-45g
	Cooked	50-60g (1-2 heaped tablespoons)	100-120g (2-3 heaped tablespoons)
Vegetarian sausages, burgers and nut cutlets	Raw/cooked	50-70g	70-100g
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, etc.	Cooked	80g	110g
Breaded or battered shaped chicken and turkey products, e.g. nuggets	Cooked	50-70g	70-100g

Milk and dairy

Food type	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Lower-fat drinking milk	150-200mls	200-250mls
Milk puddings and whips made with milk	100-120g	120-150g
Custard made with milk	80-100g	100-120g
Yoghurts	80-120g	120-150g
Cheese	20-30g	30-40g

Foods high in fat, sugar and salt

Food type	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Fruit pies, sponge puddings or crumbles	80-100g	100-120g
Fruit jelly (portion size excludes fruit)	80-100g	100-120g
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
Gravy	20-30g (1 tablespoon)	40-50g (2 tablespoons)
Savoury crackers, bread sticks	10-15g (1-2 crackers)	15-30g (2-3 crackers)
Condiments	No more than 10g, or 1 teaspoonful	No more than 10g, or 1 teaspoonful

Healthier drinks

Drink type	Primary-aged pupils (aged 4-10)	Secondary-aged pupils (aged 11-18)
Fruit or vegetable juice	150mls	150mls
Drinking milk	150-200mls	200-250mls
Combination drinks, e.g. fruit juice, flavoured milk	330mls	330mls

6. Exemptions to the school food regulations

The Requirements for School Food Regulations 2014 do not apply to food that is provided:

- At parties or celebrations to mark religious or cultural occasions.
- At occasional fund-raising events.
- As rewards for achievement, good behaviour or effort.
- For use in teaching in food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.
- On an occasional basis by parents or pupils.

Healthy eating statement

The school will use healthier cooking methods to contribute to healthy eating, such as the following:

- Using less fat in cooking
- Baking foods rather than frying them
- Increasing use of fats/oils that are high in polyunsaturated fats
- Reducing use of sugar in recipes
- Avoiding using additional salt in cooking processes
- Increasing the use of food items containing high amounts of fibre