

**Government Recommendations and
Lanercost CE Primary School
School Meals Policy**



**Policy approved and adopted by the Governing Body on 12th May 2010
Due for review: May 2017**

Review Date	Reviewed by	Amendments	Approved by	Date Approved	Next Review date
May 2012	Headteacher	Minor wording changes	Helen Sheridan		May 2013
May 2013	Headteacher	Minor wording changes	Helen Sheridan		May 2015
May 2015	Headteacher	Universal Meals information added	Helen Sheridan		May 2017
May 2017	Headteacher	Minor wording changes	Jan Allon- Smith		May 2019

Overall aim of the policy:

As part of our healthy school status and the Whole School Food Policy, we want to ensure that all food consumed in school (or on school trips), provide the pupil with healthy and nutritious food which is now regulated by national standards.

We aim to:

- Maintain and increase levels of uptake of school lunches.
- Provide a consistent programme of cross-curricula nutrition education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole school, whole day' approach to nutrition that makes the 'healthier choices, easier choices'.
- Ensure that the choices provided address, cultural, religious and special dietary needs.
- Work in partnership with catering staff to ensure that nutritional standards are implemented by providing attractive and value for money meals.
- Work in partnership to achieve a pleasant and sociable dining experience which enhances the social development of each child.
- Involve pupils and parents in decision making.

How and why the policy was formulated:

- To make a positive contribution to children's health and Healthy Schools Status.
- To cover the 'Being Healthy' outcome outlined in the Government's agenda for Every Child Matters.
- To contribute to the self-evaluation for review by Ofsted.

National guidance:

The policy was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in schools toolkit (Department of Health) and Food policy in schools – a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005).

It is recommended that packed lunches brought from home are seen to be using the same Food Based Standards as school meals.

Government's Food-based Standards

Food/Food group	Final food-based standards for School Lunches from 2008 (Primary)
Fruit and Vegetables	Not less than two portions per day; per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit.
Oily Fish	Oily fish such as mackerel or salmon must be provided at least once every three weeks.
Meat Products	A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per

Food/Food group	Final food-based standards for School Lunches from 2008 (Primary)
	<p>fortnight <i>across the school day</i> providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal.</p> <p>Group 1: Burger, hamburger, chopped meat, corned meat.</p> <p>Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.</p> <p>Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll</p> <p>Group 4: Any other shaped or coated meat product.</p>
Starchy Food cooked in fat or oil	Starchy food cooked in fat or oil should not be provided more than three times a week across the school day.
Bread	Bread with no added fat or oil must be provided on a daily basis.
Deep-fried food – restricted	No more than two deep-fried food items, such as chips and batter-coated products, in a single week across the school day.
Salt and condiments restricted.	No salt shall be available to add to food after the cooking process is complete. Salt shall not be provided at tables or service counters
	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.
Snacks – restricted	Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be served as part of school lunch when served not at any other time of the school day.
No confectionery	Confectionery such as chocolate bars, chocolate coated biscuits and sweets must not be provided.
Cakes and biscuits - restricted	Cakes and biscuits are allowed at lunchtime but must not contain any confectionery.
Water	Free, fresh drinking water should be provided at all times.
Healthier drinks	<p>The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above.</p> <p>Tea, coffee and low calorie hot chocolate containing no more than 20 calories per 100 millilitres.</p>

Source: School Food Trust ‘Eat Better Do Better’ – A guide to introducing the Government’s food-based and nutrient-based standards for school lunches, Appendix 1

Water:

- The school will provide free, fresh drinking water throughout day
- Pupils are encouraged to drink water at frequent intervals throughout the school day

Free School Meals

The school recognises the value of schools meals to children from low-income families. The system for free school meals is actively promoted to parents and carers by the school and a non-discriminatory process is emphasised.

Universal Free School Meals

Universal Free School Meals are available to all children in YR, Y1 and Y2.

Special Occasions:

There will be special occasions such as birthdays and Christmas, end of school year, SATs etc when treats will be allowed.

Allergies and special diets:

Be aware of allergies (nut/dairy etc).

The school also recognises that some pupils may require special diets that do not allow for the policy to be met exactly because of medical reasons. In this case parents are requested to either speak/write to inform the headteacher.

Parents have been asked not to send children to school with peanuts or items containing peanuts.

Food swapping between children is not permitted

Monitoring and Evaluation:

- The Governing Body regularly monitor the uptake of school lunches by using an Excel based tracker. This tracker is available on request from the secretary's office.
- Menus are professionally analysed to ensure they are compliant with the Government's Food and Nutritional Standards
- The School Council will feed back any issues from the children and staff.
- This policy will be reviewed by the Governing Body at least once a year or sooner depending upon new official recommendations and legislation.

Involvement of parents/carers:

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned, parents and carers are regularly updated about all our policies through the school's newsletters.

Linked policies:

Whole School Food Policy, PSHEE, School Council, Science, Technology and curriculum policies

Dissemination of the policy:

The school will inform all new parents/carers of the policy which is available on the school's website and incorporated into the school prospectus. The school will use opportunities such as Life Education Bus and Sex and Relationships Education weeks to promote this policy as part of a whole school approach to healthier eating.

All school staff and the school nurse will be informed of this policy.

Signed:

A handwritten signature in cursive script, appearing to read "Heanne Deakin".

Dated: May 2017