



# Baden Powell Primary School

## ***Food Policy***

### **Aims**

At Baden School we aim to develop the whole child's wellbeing by providing positive, healthy and consistent messages about food and nutrition. We recognize the importance of healthy eating and that good, nutritious food is essential for children's ability to learn as well as their long-term health.

Our in-house meals service aims to:

- Provide good quality nutritious, simple food, using fresh, unprocessed ingredients.
- Improve our children's understanding of healthy and nutritious food as well as improve the healthy eating habits of our children, so that more children eat a nutritionally 'balanced' meal at lunchtime.

### **School lunch**

A hot meal is available daily for every child wishing to have one. School lunch should provide at least one third of a child's nutritional requirements therefore:

- The portion sizes and quality of food served is the equivalent of a child's main meal of the day.
- Lunch times are an enjoyable, social occasion that reinforces teaching in the classroom.

### **Menus**

- Staff, parents, governors and children are involved in planning the school menus (including school council).
- The menu reflects the cultural and ethnic diversity of our school.
- The menu is on display outside the lunch hall, sent home to every family once a term in the newsletter.
- Menus will offer one meat and one vegetarian choice (both available to all children), a choice of two starchy foods, a choice of two cooked vegetables, a choice of two or three simple salads, and carrots, a choice of dessert (fresh fruit, yoghurt or a custard), and brown bread.

### **Nutritional standards**

The menus will meet the Caroline Walker Trust guidelines for nutrition as a minimum standard. Detailed guidance is set out in Appendix A and is available on the website.

### **Eating environment**

- The dining hall is an attractive a pleasant place to eat.
- Children will eat together as determined by the school lunch time rota.
- Every effort is made to ensure that all children are given sufficient time to eat their lunch (minimum of 30 minutes). However, more time is given to younger children, children with medical needs or those who need it.
- There will be mixed seating in different year groups for school dinners so that children can sit with their friends and minimize queuing. All children eating packed lunches are seated together.

- On specified days parents are invited to sample the school menu or invited to have dinner with their child (i.e. during healthy schools week).

## **Food Allergies**

At admissions meetings with the head parents are asked questions in relation to their child's dietary requirements and nutritional needs in regards to allergies/medical needs. Children with specific food requirements are catered for individually and nutritional food/s are prepared by the cook. Members of lunch time staff are notified of which child/ren have specific nutritional needs.

## **Service style**

- The Senior Management Team is responsible for supervising the dining area to ensure it is a calm and pleasant place to eat.
- Midday Meals Supervisors are responsible for making the dining area a clean and pleasant place to eat.
- Kitchen staff are responsible for:
  - Serving a nutritionally balanced meal to every child and encouraging them to eat it.
  - Treating children with kindness and courtesy.
  - Displaying written/visual menus for children to observe.
  - Explaining specific meals to very young children.

## **Service Times**

- Nursery children eat at 11.30 am. Food is served by the dinner staff/nursery teacher/nursery nurse.
- Lunch is served between 11.45 am and 12.30 for reception, years 1 and 2 and between 12.30 and 1 pm for the juniors classes/
- After service the lunch hall is cleared and the floor mopped by the kitchen staff.

## **Packed lunches**

- The kitchen will provide a packed lunch for children entitled to Free School Meals (FSM) when going on class trips, consisting of sandwiches, fruit, 1 piece of cake/biscuit and 200ml bottled water.
- Healthy eating guidelines apply to children's own packed lunches; no crisps, sweets or chocolate are allowed, this is regularly highlighted in the newsletter.
- No drinks should be brought in for packed lunch as the school will provide fresh drinking water.
- Packed lunches are monitored by dinner staff and the school council.
- Children with crisps or sweets will be given a healthy option in replacement and a note sent home.

## **Water**

Baden Powell School recognises that dehydration leads to a range of health problems, as well as affecting children's mood, behaviour and ability to concentrate. Fresh tap water is available to drink at the table with the children's meals. In the classroom children are encouraged to bring in water bottles for their consumption. Children also have access to fresh water outside in the playground. In very hot weather children's water bottles are filled up during the afternoon session. On school trips children are given fresh water with their packed lunch and those who do not receive FSM are encouraged to pack fresh water in their lunch box.

## **Breakfast Club**

- Breakfast is available to pupils from 8 am to 8.20 am. The current cost is 50p per child (daily).
- There is a selection of low-sugar cereals (some wholegrain cereal), wholemeal toast, fresh fruit, and milk and fruit juice.

## **The formal curriculum**

Food and nutrition is a statutory component of Science for all primary school pupils. Other subjects also covering aspects of nutrition are:

- PSHE - healthy eating
- Religious Education – food customs and beliefs
- Physical Education – healthy lifestyle and choices
- Science– investigating food chains
- History – how food consumption and choices have changed over time.

## **National Healthy School Standard**

The school is part of the National Healthy Schools Standard and works towards meeting its targets.

## **Events at School**

We constantly promote a healthy eating ethos and relay consistent messages about nutrition through newsletters, displays around the school, teaching of health issues in the curriculum and other relevant publications.

## **General**

- Salt is not added to food.
- No genetically modified products are used.
- We avoid hydrogenated fat in our meals.

## **Meat, fish and vegetarian sources of protein**

- All meat that is served on our premises is traceable and from animals kept to the highest standards of animal welfare.
- Red meat is available at least twice a week
- Fish is available at least once a week, e.g. Fish pie or baked fish cakes.
- Processed meat and fish products, e.g. Sausages, burgers, fish fingers, etc, are kept to a minimum.
- Meat and fish dishes with lower levels of saturated fat are preferred, e.g. baked chicken, cottage pies and mince-based dishes, fish pies, fish with rice or pasta.
- Vegetarian dishes will include a protein source such as beans, pulses, nuts, egg, cheese or soya products.

## **Starchy food**

Starchy foods include bread, potato, pasta, rice, yams, sweet potato, noodles, millet, cornmeal and chapattis. They provide approximately one third of the nutritional value of the meal. Potatoes are cooked using low-fat cooking methods, e.g. baked, boiled, mashed (with semi-skimmed milk if need). Potatoes cooked in oil (including chips, waffles, sauté or roast potatoes, potato shapes etc.) will be available no more than once a week. Wholemeal/high fibre option (including wholemeal bread,) is available every day.

### **Fruit and Vegetables**

- A selection of fruit is available every day.
- Fruit-based desserts are available two or three times a week.
- Two freshly cooked vegetables are available daily
- A selection of salads will be available (this may be simple salad vegetables on their own, e.g. carrot, cucumber or celery sticks).
- Seasonal fruit and vegetables are sourced locally where possible. Delivery is two/three times a week so that they are as fresh as possible.

### **Dairy produce**

Good sources of dairy protein include milk, cheese, yoghurt, milkshakes and custard. Yoghurt or custard will be available daily. Milk is available daily to the early years (nursery and reception classes).

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