

# Cawood Church of England Primary School

## Food Policy

Document Status			
<b>Date of next review</b>	February 2020	<b>Responsibility</b>	Teaching and Learning Committee
<b>Date of Policy Creation</b>	29 February 2016		
<b>Date of Policy Adoption by Governing Body</b>	8 June 2016	<b>Responsibility</b>	Chair of Teaching and Learning
<b>Method of Communication</b>		<b>Signed</b>	<b>A Mudd</b>
<b>Website, Server</b>			

### Rationale:

Cawood is a healthy school and holds Healthy School Status. It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. Through effective leadership, the school ethos and the curriculum, we strive to create an environment which supports a healthy lifestyle.

Our school actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school.

### Aims:

- To ensure that we give consistent messages about healthy food choices and good health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To take into account any special dietary requirements, e.g. allergies, religious observances
- To encourage all children to take part in the '5 a day' campaign and to be aware of sugar content in food
- To give all children the opportunity to eat fresh fruit everyday
- To ensure all members of the school community have easy access to free, clean and palatable drinking water
- To have a planned curriculum that ensures information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet
- To provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables
- To ensure a school lunch service that meets or exceeds current Government Nutritional standards
- To promote a welcoming eating environment that encourages the positive social interaction of pupils and that promotes healthy eating
- To encourage healthy snacks and lunchtime food brought from home

### Guidelines:

1. Food and nutrition education is taught using a variety of teaching and learning strategies, usually through planned science, PSHE or design and technology work or

within themed activity weeks but also within other subject areas such as geography or religious education. At Key Stage 2, we use the Hamilton Trust scheme of work to develop a progression of working with different foods.

2. All children are given equal access to food and nutrition education.
3. Parental permission and information about special dietary requirements is sought before undertaking any tasting of food.
4. All children throughout the year are given opportunities to take part in the cooking activities and the gardening club in order to learn more about where food comes from and how to prepare and cook meals.
5. We follow the suggested activities within our Food scheme of work to ensure children learn progressively about hygiene, where food comes from, nutritional information, the 'wheel of balanced health', food miles and the need for sustainability.
6. Healthy food choices are actively promoted through display.
7. We take every opportunity to work with partners in our local community to further children's knowledge of food production e.g. Stockbridge Technology Centre, local farms and farmers' markets.
8. Children are actively consulted about food provision and eating arrangements through the school council and their views are central to our provision
9. Parents are encouraged to support the healthy provision of food by being kept up to date in developments regarding healthy food provision.
10. The Healthy School's coordinator works with the Head Teacher to monitor and evaluate learning and teaching. She also works with staff to determine training needs and works with the school council to inform policy development and provision
11. This policy is reviewed regularly and particularly if/when there are changes to Government legislation.
12. We comply with the Government standards for all school food other than school meals sold on the premises (See appendix 3)
13. School meals: Menus for school lunches comply with the Government's Nutritional Standards. (see Appendix 1)

We contract out our meals provision to North Yorkshire County Caterers (part of Children and Young Peoples' Service). Our caterers will:

- Ensure lunch menus comply with the school lunch nutritional standards, as outlined in appendices 1 and 2, including having the menus nutritionally analysed and providing schools with documentary evidence of compliance when requested.
- All other food served in school by our caterers will comply with the regulations as outlined in Appendix 3.
- Ensure food used for school catering does not contain additives suspected or known to be a problem for sensitive people (see appendix 4), does not contain artificial sweeteners and does not contain hydrogenated fats.
- Not knowingly use any food ingredients that have been Genetically Modified. Contracts with suppliers will stipulate this.
- Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons.
- Promote and market healthy school meals in our schools, help pupils make healthy choices and attend school councils to discuss school catering when required.

Monitoring: School lunches will be monitored by the Client Catering Unit to ensure compliance with all regulations. A copy of each inspection will be provided to each school.

## Reference

This policy was compiled with reference to:

DfES the Governments food-based Nutritional Standards for lunches  
[www.teachernet.gov.uk/wholeschool/healthyliving](http://www.teachernet.gov.uk/wholeschool/healthyliving)

Schools Food Trust. A guide to introducing the Government's new food-based standards for lunches (2006). [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

Food in Schools Toolkit (2005) Departement of Health. Rreference: 267050

National Healthy Schools Status (2006) [www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)

**School Lunch – Food Based Standards**

**Appendix 1**

<p>Fruit and vegetables – these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).</p>	<p>Not less than two portions per day per child, at least one of which should be salad or vegetables and at least one should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice). A fruit based dessert shall be available at least twice per week in primary schools.</p>
<p>Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<p>A food from this group should be available on a daily basis. Red meat shall be available twice per week in primary schools, and three times per week in secondary schools. Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks. For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein.</p>
<p>Manufactured meat products.</p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they: i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers; ii) are not “economy burgers” as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.</p>
<p>Starchy foods (<i>also see additional requirement on deep frying below</i>) - these include all bread (eg. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.</p>	<p>A food from this group should be available on a daily basis. Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week. On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available. In addition, bread should be available on a daily basis.</p>
<p>Deep-fried foods</p>	<p>Meals should not contain more than two deep-fried items in a single week. This includes products which are deep-fried in the manufacturing process.</p>
<p>Milk and dairy foods – includes milk, cheese,</p>	<p>A food from this group should be available on a daily basis.</p>

yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	
Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>plain water (still or fizzy);</li> <li>milk (skimmed or semi-skimmed);</li> <li>pure fruit juices;</li> <li>yoghurt or milk drinks (with less than 5% added sugar);</li> <li>drinks made from combinations of those in bullet points 1 to 4 of this list (eg. smoothies);</li> <li>low calorie hot chocolate;</li> <li>tea; and coffee.</li> </ul> <p>NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.</p>
Water	There should be easy access at all times to free, fresh drinking water.
Salt and condiments	<p>Table salt should not be made available.</p> <p>If made available, condiments should be available only in sachets.</p>
Confectionery and savoury snacks	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

## Appendix 2

### **NUTRIENT-BASED STANDARDS FOR SCHOOL LUNCHES FROM SEPTEMBER 2008 (PRIMARY SCHOOLS) OR SEPTEMBER 2009 (SECONDARY AND SPECIAL SCHOOLS)**

*This table summarises the proportion of nutrients that children and young people should receive from a school lunch. The figures are for the required nutrient content of an average lunch over five consecutive school days.*

Energy	30% of the estimated average requirement (EAR)
Protein	Not less than 30% of reference nutrient intake (RNI)
Total carbohydrate	Not less than 50% of food energy
Non-milk extrinsic sugars	Not more than 11% of food energy
Fat	Not more than 35% of food energy
Saturated fat	Not more than 11% of food energy
Fibre	Not less than 30% of the calculated reference value <i>Note: calculated as Non Starch Polysaccharides</i>
Sodium	Not more than 30% of the SACN <sub>2</sub> recommendation
Vitamin A	Not less than 40% of the RNI
Vitamin C	Not less than 40% of the RNI
Folate/folic acid	Not less than 40% of the RNI
Calcium	Not less than 40% of the RNI
Iron	Not less than 40% of the RNI
Zinc	Not less than 40% of the RNI

### Standards for all school food other than lunches

The Government has decided that standards should apply to all school food other than lunches, as recommended by the School Food Trust.

This means that:

- a. no confectionery will be sold in schools;
- b. no bagged savoury snacks other than nuts and seeds (without added salt or sugar) will be sold in schools;
- c. a variety of fruit and vegetables should be available in all school food outlets. This could include fresh, dried, frozen, canned or juiced varieties;
- d. children and young people must have easy access at all times to free, fresh drinking water in schools;

NB – It would be preferable for this drinking water to be chilled; and for it to be located so that children do not have to depend on going to the lavatory to access it;

e. the only other drinks available will be:

- i) water (still or sparkling);
- ii) milk (skimmed or semi-skimmed);
- iii) pure fruit juices;
- iv) yoghurt and milk drinks (with less than 5% added sugar);
- v) drinks made from combinations of (i) to (iv) above;
- vi) low calorie hot chocolate;
- vii) tea; and
- viii) coffee.

NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.

The exemptions to the new standards are:

- Parties or celebrations to mark religious or cultural occasions (e.g. Christmas, Easter, Eid etc.)
- Fundraising events
- Rewards for achievement, good behaviour or effort
- Food used in teaching food preparation and cookery skills provided that any food prepared is not served to pupils as part of the school lunch
- Food brought in on an occasional basis by parents or pupils

Additives

Additives can have a direct effect on health. For example Tartrazine (E102) and Sunset Yellow (E110) may be linked to cause poor attention hyperactivity in children. Sulphur compounds (E220-228) can destroy vitamin B1.

Below is a list of the E number additives suspected or known to be a problem for sensitive people or for which there is evidence of a health concern based on laboratory tests.

<b>Number</b>	<b>Name</b>	<b>Typically Used In</b>
<b>Colours</b>		
E102	Tartrazine	Soft drinks, ices, desserts, sauces
E104	Quinoline Yellow	Soft drinks, jams, ices, desserts, sauces
E110	Sunset Yellow	Soft drinks, jams, ices, desserts, sauces
E120	Cochineal	Meat products, drinks, jellies, desserts, sweets
E122	Carmoisine	Soft drinks, ices, desserts, sweets
E123	Amaranth	Fish roe
E124	Ponceau 4 R	Soft drinks, ices, desserts, sweets
E127	Erythrosine	Glace cherries
E128	Red 2G	Sausages, burgers
E131	Patent Blue V	Coloured baked goods, sweets
E132	Indigo carmine	Ices, confectionary, coloured baked goods
E133	Brilliant Blue	Soft drinks, sweets, desserts, ices
E142	Green S	Canned peas, soft drinks
E150C	Ammonia Caramel	Cola drink, gravies, sauces, meat products
E151	Brilliant Black	Fish products
E155	Brown HT	Baked goods, sweets
E160B	Annatto	Yellow spreads, cheese, snacks, desserts
E161G	Canthaxanthin	Farmed fish
E173	Aluminium	Cake decorations
<b>Preservatives and Antioxidants</b>		
E210-219	Benzoic Acid	Soft drinks
E220-228	Sulphur dioxide, sulphites	Soft drinks, juices, dried fruit and vegetables, sausages, biscuits, burgers, jams
E230-232	Benzene derivatives	Fruit skin and peel
E249-250	Nitrites	Bacon, ham, pate
E251-252	Nitrites	Sausage, cheese, pate
E280-283	Propionic acid, propionates	Half baked goods, cakes, pastries
E310-312	Propyl gallate, gallates	Fats, meat products
E320	Butylated hydroxanisole	Fats, biscuits, chewing gum
E321	Butylated hydroxytoluene	Fats, biscuits, chewing gum
<b>Emulsifiers and Thickeners</b>		
E407	Carrageenan	Dairy desserts, ice cream, jellies, meat products
E413	Tragacanth gum	Icings, dressings, ice cream

E420	Sorbitol	Low-sugar sweets, chewing gum
E421	Mannitol	Chewing gum, sweets
E430-436	Polyoxyls	Baked goods
<b>Flavour Boosters</b>		
E950	Acesulfame-K	Soft drinks, dairy products, sweets, chewing gum
E951	Aspartame	Above + desserts
E952	Cyclamate	Soft drinks, soft drink concentrates
E953	Isomalt	Sweets, ice cream, chewing gum
E954	Saccharin	Soft drinks, toothpaste
E956-967	Maltitol, Lactitol, Xylitol	Chewing gum, ice cream