

Garfield Primary School

FOOD IN SCHOOL POLICY

Updated: July 2017



Reviewed and agreed by governors – Ratified Autumn term 2017

BACKGROUND

This policy has been formulated to enable Garfield Primary School to develop and maintain a shared philosophy on all aspects of food and drink. Its key aim is to develop healthy eating and drinking activities within the school that benefit pupils, staff, parents, caterers and others associated with the school.

The policy has been formulated following consultation with pupils, parents and staff, and its development must continue to be by consultation. The policy and future amendments to the policy will be communicated clearly and consistently to pupils, parents and staff.

AIMS AND OBJECTIVES

- Garfield Primary School recognises the important connection between a healthy, balanced diet and a student's ability to learn effectively and achieve high standards in school.
- The school aims to ensure that pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- The school recognises that it has a responsibility to ensure that all members of the school community are able to make informed choices about the importance of food and its production.
- The school also recognises the role it can play, as part of the larger community, to promote family health, and sustainable food and farming practices.
- The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers.
- The school is committed to ensuring that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs. The school is committed to ensuring that our children receive consistent and coherent messages about food and its role in their long-term health.
- The school is committed to ensuring that it involves pupils and parents in guiding food policy and practice within the school, and enables them to contribute to healthy eating, and acts on their feedback.
- The School is committed maintaining the standards which were required to achieve National Healthy Schools Status (NHSS).
- The school is committed to provision of training in practical food education for staff in food safety and hygiene.

SETTINGS FOR THE FOOD POLICY

In accordance with the aims and objectives of this policy, the following settings will apply to the food policy and provision in the school.

Free Fruit

Early Years Foundation Stage and KS1 children receive a free piece of fruit or vegetables every day from the Government Fruit and Vegetables.

Free Milk

Children in Early Years Foundation Stage until the age of 5 also receive free milk each day.

Water

Plentiful drinking of water by school children has been recognised in improving behaviour and concentration. All pupils are provided with a plastic cup and access to water in their classroom. Regular water and brain breaks are scheduled through out the school day. Children are regularly reminded to drink water at break times especially during hot weather. Chilled drinking water is provided from fountains, inside the school building at several locations and are accessible during playtime and lunchtimes. The school also provides chilled water in the staffroom for staff. Water is provided during lunchtimes for children to drink from.

School Lunches

School lunches, on a daily basis, pupils must be offered a carbohydrate, protein and vegetables on their plate. Every effort must be made to ensure that appropriate choices are available for all pupils throughout lunchtime. Children are also provided with a salad bar from which they can choose from a selection of salads.

We are committed to our school lunches meeting the healthy, sustainable practices listed in the aims and objectives. The school is committed to keeping parents and carers informed about recent and future changes to the nutritional content of school lunches, whether brought about by local or national initiatives. Staff and children are regularly consulted about the menu offered for lunches and changes made when necessary. Menus are displayed for staff, children on notice boards in the hall and are available for parents on the school website.

Currently, all our school meals are provided by staff from Enfield Catering Services. All meals provided must meet the Government's Minimum Nutritional Guidelines for school Catering. It is noted that the school lunches are prepared using produce approved by Enfield suppliers. Lunch menus will follow a two week cycle and they include the following:

- Chips no longer feature on the menus more than once a week
- A traditional roast will appear on the menu once a week
- Meals will be more traditionally cooked with vegetables added to the recipes
- There will be vegetables on the menu every day
- Fresh fruit, yoghurt and healthy cake will be included daily in the sweet options
- The overall choice has been reduced in order to help younger pupils choose healthy combinations
- Include a daily halal option
- Pure fruit juice and milk are offered and plain water is also offered on the table
- All menus have had salt, sugar and fat levels reduced.

The school is committed to publicising menu information to parents and carers. This information should be available in the school newsletter from time to time, on the school website, on school notice boards, and on request at the school office. The school will ensure that the school lunches served at Garfield are of equal quality to those advertised in the LEA menus. The school recognises that our Kitchen Manager will vary menus depending on availability of local produce.

Packed Lunches

The Food Standards Agency survey of packed lunchboxes showed that many children's lunchboxes contained too much sugar, salt and fat and little fruit and vegetables. The school is committed to encouraging parents to provide healthier lunchboxes for children at Garfield Primary. To support this, the school will provide guidance to parents based on the Food in Schools recommendations of what constitutes a healthier lunchbox; the guidance should be consistent, realistic, and stress the

importance of a balanced and varied diet. Ideas and recipes for healthier meals will be included in the weekly Friday Flyer.

We will be encouraging children to have healthy options from the following:

- Sandwich or bread
- Pasta or rice dish
- Salad
- Fruit
- Cooked vegetable dish
- Yoghurt
- Water which is also available in the dining hall if children want

The school actively discourages some packed lunch foods. A list of foods considered to be in this category includes the following:

- Crisps
- Sweets & Confectionary
- Sweet Deserts
- Chocolate Bars
- 'Squash' or Added-Sugar and/or Sweetened Drinks. Fizzy Drinks are not allowed in school, on grounds of health and safety.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerances, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food swapped or shared may be confiscated.

The Dining Environment

The school is committed to providing a welcoming eating environment that encourages the positive social and cultural interaction of pupils and teachers. The school will aim to provide a calm, ordered environment conducive to mutual respect and good behaviour.

It is also committed to the following:

- Active help for children (particularly young children) who find the physical process of school dinners or packed lunch difficult – for example, carrying trays, opening tubs or packets,
- Encouraging all children to eat the food they have been provided with.
- Equal treatment of children having School Dinners and Packed Lunches, in terms of provision and supervision
- Provision of water jugs, containing clean water, and cups on every table
- Encouraging children to wash their hands or use hand sanitiser before eating

The school will also undertake regular surveys of the pupils to allow them to comment on the Dining Room environment.

Extended School

1. **Breakfast Club**: Breakfast Club operates on a daily basis in the school. We will actively promote Breakfast Club to those children who may have little or no time for breakfast in the mornings at home. Food offered includes healthy choices and is consistent with a healthy diet. We will provide toast, (on brown or white bread) soya spread, fruit jam, marmite, low salt/low sugar fortified cereals, and fresh fruit. Children choose from milk, water and assorted fruit juice to drink.
1. **After School Club**: After School Club operates on a daily basis in the school. We will actively promote Food offered includes healthy choices and is consistent with a healthy diet. We will

provide assorted sandwiches and fresh fruit and vegetables Children choose from, water and assorted fruit juice to drink.

2. **Clubs:** Some extra-curricular activities allow children to develop their understanding of food. These include a Healthy Cooking Club and a Gardening Club at the school.

REWARDS

The school recognises that pupil achievement should be celebrated and rewarded when appropriate, and that food can play a role in such celebration. Any food given to children as a reward for achievement should be very limited and form part of a balanced, healthy diet. Foods or drinks high in sugar, such as sweets or squash, should never be given as rewards. It is also recommended that other forms of rewards are also given.

CELEBRATIONS & FESTIVALS

The school also recognises that food plays an important role in celebration of cultural, personal or community milestones, such as religious festivals, birthdays or the end of term. Again, food given should form part of a balanced, healthy diet, at an individual teacher's discretion.

FOOD IN THE CURRICULUM

Food represents many things to us all: energy, nutrition, commodity, livelihood, communal activity and pleasure, to name but a few. Its significance in our lives means that it can and should be used to enrich the school curriculum. The school curriculum can in turn be used to enrich pupils' experience of food and healthy eating. Internet technology makes available a range of useful teaching and learning materials in most subject areas. These should be exploited by staff on a regular basis. The school will encourage and facilitate the sharing of resources and examples of best practice. Schemes of work will reflect the whole-school emphasis on healthy eating. Parents from different cultures will be encouraged to support the curriculum wherever possible by demonstrating their cookery skills.

Assemblies also offer an opportunity to explore health and food-related issues. Health focused assemblies will take place at least once every term.

Curriculum Content will focus on:

- The importance of food groups and the role they play in promoting growth
- The development of strong healthy bodies
- What constitutes a balanced diet
- An understanding of cultural diversity
- The development of respect and understanding towards the beliefs and attitudes of others
- How food is produced
- How to store and prepare food
- How to make the best food choices

Classteachers follow the Enfield and Food Technology schemes of work for each of the Early Years Foundation Stage, Key Stage 1 and Key Stage 2, detailing the learning objectives and activities relating to Food, Nutrition and Healthy Eating and making cross curricula links.

FOOD ALLERGIES

Garfield is a nut free school. Individual pupils with specific food allergies have their needs met through a care plan,

PARTNERSHIP WITH PARENTS AND CARERS AND PUPILS

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents and carers and pupils must be regularly updated on food policies settings through school and class newsletters, and consulted on a regular basis. During out of school events, eg International Evening, Fun Days etc., the school will encourage parents and carers to consider the Food Policy in the range of food and refreshments offered for sale to the children, staff, parents and carers. Guidelines for preparation and serving of food are also provided. (See Appendix 1)

ROLE OF THE GOVERNORS

Governors monitor and check that the school policy is upheld and are responsible for developing this policy in consultation with the school community.

FOOD HYGIENE

Staff who work directly with food in school and a number of other staff who support children with curriculum activities hold a Food Hygiene Certificate. The school aims to continually develop staff in this area by disseminating information and by further training.

USING THE FOOD TECHNOLOGY ROOM

- Ensure that staff and pupils using the food tech room wash their hands before cooking.
- There should be no more than 16 children in the food tech room at one time.
- Wash and return all equipment to the food tech room after use.
- Children are not permitted to use the oven or hob.
- If there is an accident, call the welfare room.

MONITORING AND EVALUATION

Evaluation of the progress made by the school in implementing and sustaining the aims and objectives of this policy will be made by the Governor with responsibility for Healthy Schools and the Deputy Headteacher who has responsibility for National Healthy Schools Status with the support of the Design Technology and PSHCE Subject Leaders.

REVIEW

This policy will be reviewed every two years or sooner if necessary.

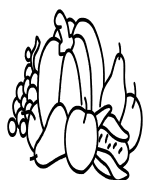
As part of our Health and Safety Policy we are obliged to give these to anyone who is involved in producing food for consumption at Garfield Primary School

FOOD PREPARATION GUIDELINES

Garfield Primary School

1. INGREDIENTS

- Should be fresh
- Bought at a reputable shop
- Vegetables and fruit should be thoroughly washed
- If necessary should have been stored in a fridge until you are ready to use them
- Only use jars or tins which have not been already opened
- Keep raw and cooked and ready to eat food (eg salads) apart at all times



2. DEFROSTING FOOD

- On pre-packaged frozen foods always read the instructions on defrosting and/or cooking from frozen
- Make sure food is thoroughly defrosted before cooking
- Allow enough time for food to be thaw
- Never re-freeze food once it has started to thaw



3. PERSONAL HYGIENE

- Keep hands clean at all times and avoid wearing jewellery on your hands
- Keep hair tied back or covered
- Do not cough or sneeze near food and avoid touching any parts of your body when working with food
- Wear clean clothes or a clean apron
- Cuts, burns and sores should be covered at all times by a blue waterproof dressing
- Persons with boils and septic cuts must not handle food.
- Persons with skin, throat, nose and bowel infections should not handle food
- After handling food especially raw meat, always wash your hands as you could contaminate work surfaces and utensils



4. WORKING AREA

- All utensils should be clean and if using a tin opener make sure it has been cleaned before hand
- surfaces including the sink area should be thoroughly cleaned with detergent and hot water before preparing any food
- Chopping boards should be thoroughly cleaned before use. Ideally use separate chopping boards for raw and cooked foods
- Avoid using tea cloths preferably use disposable towels

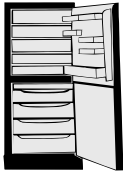


5. COOKING FOOD

- Follow recipes and instructions on labels on cooking times and temperatures
- All meat dishes must be thoroughly cooked and should be piping hot
- Never put cooked food on to a plate where raw meat has been until it has thoroughly been washed
- Do not use the same utensil to stir or serve a cooked dish that was previously used for raw ingredients
- Do not cook food too far in advance
- Do not taste food with utensils you are using for cooking



3. CHILLING AND STORING PREPARED FOOD



- Once food is cooked and blended, allow food to cool at room temperature (keep covered) then transfer to a clean lidded container
- Refrigerate food in a separate part of the fridge from raw meat until transported (at <math><5^{\circ}</math>)
- Cold dishes should also be stored in the same way

4. BARBECUES

- Light barbecue well in advance, make sure you have enough charcoal and wait until it is glowing red (with a powdery grey surface) before starting to cook
- Keep meats, salad and other perishable food in the fridge, or in a cool bag with ice packs, until just before you are ready to cook or eat them
- Use separate cool bags for raw meat and ready-to-eat food
- If possible pre-cook sausages and poultry in an oven just before putting them on the barbecue
- During cooking, turn the food often and adjust grill height to prevent burning
- Make sure all meat is cooked thoroughly with no pink bits in the middle
- Keep raw and cooked food apart on the barbecue at all times
- Don't handle cooked meat with utensils that have touched raw meat
- Keep bowls of food covered to protect them from insects and dust



5. SERVING FOOD

- Remove cold food from fridge at last minute
- Check heated food is piping hot before serving
- Do not reheat food which has already been reheated once
- Discard any cooked food or dairy products which has been sitting out for up to 2 hours and do not refrigerate and use at a later date
- If serving food, follow the procedures above on personal hygiene
- Provide serving utensils and ensure that no one touches food which is to be shared by others



6. ADDITIONAL INFORMATION



- When preparing a dish, write ingredients for those who may be eating it as some people have allergies to certain foods
- For school events check in advance with staff if it will be possible to reheat any dishes as for most events, dishes will have to be served cold

Additional information can be found at the Food Standards Agency at www.food.gov.uk

