



Whole School Food Policy

Approval Level:	Governing Body
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Contents

1.	Introduction	4
2.	Categories of Lone Worker	4
3.	Definition of Lone Worker	4
4.	Risk Assessment	4
5.	Controls	5



At REAch2, our actions and our intentions as school leaders are guided by our Touchstones:

- Integrity** We recognise that we lead by example and if we want children to grow up to behave appropriately and with integrity then we must model this behaviour.
- Responsibility** We act judiciously with sensitivity and care. We don't make excuses, but mindfully answer for actions and continually seek to make improvements.
- Inclusion** We acknowledge and celebrate that all people are different and can play a role in the REAch2 family whatever their background or learning style.
- Enjoyment** Providing learning that is relevant, motivating and engaging releases a child's curiosity and fun, so that a task can be tackled and their goals achieved.
- Inspiration** Inspiration breathes life into our schools. Introducing children to influential experiences of people and place, motivates them to live their lives to the full.
- Learning** Children and adults will flourish in their learning and through learning discover a future that is worth pursuing.
- Leadership** REAch2 aspires for high quality leadership by seeking out talent, developing potential and spotting the possible in people as well as the actual.

1. Purpose

Martlesham Primary Academy are dedicated to providing an environment that promotes healthy eating and enables children to make informed choices. This will be achieved by the whole-school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, pupils and parents and is coordinated by the Head Teacher.

2. Aim of the Policy

The main aims of our whole-school food policy are:

- To provide a range of healthy food choices throughout the day in line with the statutory food standards, ensuring that pupils and staff are well nourished at school and that every pupil has access to a safe, tasty and nutritious meal.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including children staff and parents / carers.
- We aim to ensure all pupils and staff have access to drinking water throughout the day.
- All school staff are to be encouraged to create and promote an environment which supports a healthy lifestyle through curriculum topics and acting as role models.
- The school aims to ensure it involves pupils and parents in guiding the food policy and practice within the school and will act on feedback provided.
- The school is committed to providing training for staff which includes diet, food safety, first aid and hygiene.

3. What is a Healthy School?

A healthy school is one that is successful in helping pupils to do their best and to build on their achievements.

It is committed to ongoing improvement and development and promotes physical and emotional health by providing accessible and relevant information for children and staff.

It provides pupils with the skills and attitudes to make informed decisions about their health.

A healthy school understands the importance of investing in health to assist in the process of raising levels of pupil attainment and improving standards. It also recognises the need to provide a physical and social environment that is conducive to learning.

4. Water in School

Plentiful drinking water is to be actively encouraged and modelled by all staff. All pupils are to be encouraged to bring water to school in a water-bottle; these will be kept nearby, as directed by adults in class.

5. School Lunches

Catering for our school lunches is prepared on site by our dedicated catering team, using fresh ingredients sourced from local suppliers.

Our menu cycles follow the School Food Standards whilst acknowledging the importance of our children eating the healthy, appetizing and nutritious meals prepared by our catering team, and daily our children are offered carbohydrate, protein, vegetables salad and fruit.

Every effort is made to ensure the pupils make appropriate choices and take all parts of the meal.

Through circle time, curriculum topics, after school clubs and assemblies, all pupils are encouraged to eat a healthy lunch and receive positive feedback and, as necessary, reward stickers to promote a healthy diet.

6. Packed Lunches

We aim to actively encourage parents to provide healthy items to be included in the lunch boxes, and this will support pupils to have a balanced diet and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta, wraps, bagels) pasta, potatoes, couscous; choose wholegrain where possible.
- One portion of fruit and one portion of vegetables or salad.
- Dairy food such as cheese or yoghurt.
- Meat, fish or another source of protein such as eggs, beans, pulses, hummus, falafel.

Pack lunches should not include crisps or crisp style snacks, e.g. flavoured rice cakes or cheddars, sweets or chocolate bars.

REAch2EAT provides water and milk for all pupils at lunch time so there is no requirement for packed lunches to include a drink.

7. Dining Environment

The school aims to provide a welcoming eating environment which encourages positive social interaction.

We will ensure the children sit in social groups and that older children are encouraged to assist the younger ones with, for example, opening packets, pouring drinks etc.

8. Special Dietary Requirements

We do everything possible to accommodate pupils' dietary requirements, including allergies, intolerances, religious or cultural practices.

Parents can meet with the Catering Manager to go through the menus and the required adjustments will be made where at all possible.

Individual care plans are created for pupils with food allergies and catering staff are made aware.

Whilst every effort for inclusion is made in some cases, where there is a health and safety issue, the priority is the safeguarding of the child and parents will be asked to provide the meal.

9. Snacks and Tuck

Reception, Year 1 and Year 2 pupils receive free fruit or vegetables every day from the Government's Fruit & Vegetable Scheme.

No other snacks such as sweets, chewing gum, crisps or fizzy drinks are permitted and foods containing nuts are not permitted due to allergies.

10. Food in the Curriculum

Food, by its very nature, lends itself to many learning opportunities. The school curriculum can be used to enrich pupils' experience of food and healthy eating.

Curriculum content which all pupils can focus on includes:

- Food groups leading to good health and growth.
- The development of healthy bodies and teeth.
- Food from different cultures and beliefs.
- Producing attractive art and design displays promoting healthy lifestyles.
- Internet research and learning materials to be accessed by pupils.

11. Pupil and Parent Involvement

As a school we value the opinions and suggestions of pupils and parents.

Information concerning activities and events will be forwarded to parents through our weekly newsletter, the Friday Flyer.

12. Managing Allergens

The Food Information Regulations 2014 requires all food businesses, including schools, to show the allergen ingredients information for the food they serve. This makes it easier for the school to identify the foods that pupils with allergies can and cannot have to eat.

Our catering teams hold records of all children with dietary requirements including those with allergies and intolerances and aim to provide a like for like meal for the child wherever possible.

Allergen data for each day of the menu cycle is available in the kitchen and the school office.

If there are any additions to the daily meal offer these are recorded on the Allergen Additions Sheet and if there is a change in ingredient and allergen information changes this is also recorded, our Allergen Data is a working document.

From October 2021 the Food Information Regulations included new requirements for the labelling of allergens in PPDS foods.

PPDS food is a food which has been packaged before the customer has chosen it, as a school this can include:

- Any food packaged by the school.
- Food wrapped or packaged before the child selects it.
- Potted items with lids on.

In the context of Natasha's Law packaging does not just apply to professional packaging or wrapping that you may see in cafes and supermarkets but it is food which is wrapped in any way, for example, in cling film, a paper bag or a plastic bag tied with a knot. The official definition is that the food is packaged in such a way that the contents cannot be altered without opening or changing the packaging.

Foods that are not affected by this law are:

- Food not in packaging.
- Food which is loose before a customer selects it.
- Loose food which was not packaged at the point it was ordered.
- Food supplied business to business, if individual items are labelled.

The labelling laws apply to children of all ages and a child's ability to interpret the information does not remove our responsibility to provide clear labelling.

The 14 allergens which we, as required by law, are be required to label are:

- Celery
- Cereals containing gluten and wheat, such as barley and oats.
- Crustaceans such as crab and prawn.
- Eggs.
- Fish.
- Lupin.
- Milk.
- Molluscs such as mussels and oysters.
- Mustard.
- Nuts.
- Sesame.
- Soya.
- Sulphur Dioxide.

To ensure the safety of our school we will:

- Complete allergen data for all food served in our school.
- List all ingredients on the labels of any food that is made on site and packaged before being selected.
- Ensure we emphasise any allergens present each time they appear in an ingredients list along with minimizing the amount of allergenic ingredients where possible.
- All our catering team are to be aware of their responsibility to provide correct allergen information.
- Ensure that all our catering team are trained in allergy awareness and how to respond to questions on ingredients.

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturates 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

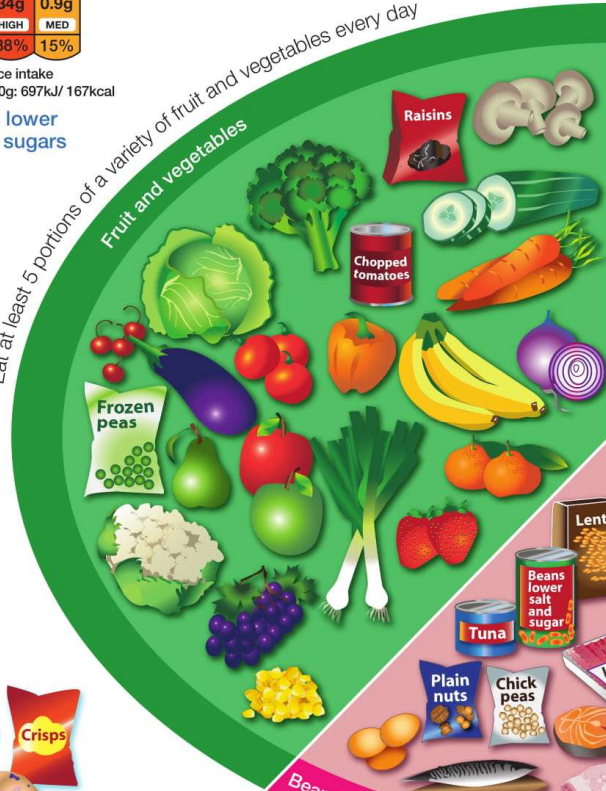
Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins



Dairy and alternatives



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS