



St. Philomena's Catholic Primary School

Headteacher: Miss V Maher

**Whole School Food and Drink Policy –
including
Healthy Packed Lunch Policy
February 2024**

Date of Policy	Signed	Position
February 2024	Veronica Maher	Head Teacher
Monitoring	By	Date
Reviewed	Resources Committee	
To be ratified	Full Governing Body	
This policy will be reviewed every 2 years by the full Governing Body		
Date of next review : February 2026		

Whole School Food and Drink Policy

We are dedicated to providing an environment that promotes healthy eating whilst also ensuring children have access to nutritious food (Article 24 of the Rights of a Child). We believe in the importance of children being taught how to make healthy food choices and the benefits of doing so. This is achieved by the whole school approach to food documented in this whole school food policy.

This policy was formulated through consultation between children, members of staff, governors, parents and the school catering company.

St Philomena's aim to be a nut-free school, and no food containing nuts should be brought on to the premises.

Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day, in line with the mandatory School Food Standards.
2. To support pupils to make healthy food choices and understand the benefits of these choices.
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

Food standards and suppliers

The school's catering company (Nourish) is required to share in our belief that the use of good quality ingredients in homemade cooking made fresh on site is the real recipe for success.

Our school catering contract team work with chefs in the kitchens, school representatives and the children in the classroom to develop new meals that everyone will enjoy. The menus change in line with the seasons to bring fresh and vibrant options whatever the weather. Alongside this, they work closely with the school to run themed weeks and special promotional days in accordance with the school curriculum.

The school and our catering contractors are conscious of rising obesity levels in children and we work together to promote the importance of a balanced diet to overall health. The wholesome lunchtime meals guarantee the nutrients and vitamins a child needs, with a variety of carbohydrates, protein and fibre. The menus are fully compliant with School Food Standards and we take pride in providing nutritious but tasty food. (See Appendix 2 for a sample menu)

Responsibilities

We believe that no child should go hungry. We are committed to this statement and will ensure that if ever a child does not have a packed lunch or has unpaid lunch fees they will be provided with a hot meal. However, any abuse of this commitment will not be tolerated and will be challenged appropriately.

As a school we have a responsibility to make sure that food and nutrition are taught at an appropriate level through each key stage.

Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning, and include debating issues, group discussions and role-play. A balanced approach to learning about healthy eating is planned through our curriculum. Pupil's learning is evaluated through activities which have been built into the teaching sequence.

Leading by example and staff training

All members of staff, including the catering team have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines and seek to role-model positive behaviours around food.

Resources

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas, including Science. These are stored on the school Admin shared drive and the curriculum objectives are also published on the school website.

Expectations of the whole school community

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils. Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Food and drink provision throughout the day

All staff, including our catering contractors, are aware of children's allergies and/or intolerances.

Breakfast (Breakfast Club)

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club (07:45 – 08:45) that provides a nutritious meal for pupils before the school day. Children have a choice of healthy breakfast cereals, toast and spreads plus drinks.

Packed lunches (school trips)

A packed lunch can be provided by the school for all children. These packed lunches are prepared by the school caterers and adhere to the National Nutritional Standards for Healthy School Lunches.

Children are welcome to bring their own packed lunches on trips; however, these lunches must adhere to the same food and drink guidance for packed lunches in school.

Snacking

The school understands that healthy snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

The school discourages the consumption of snacks high in fat and sugar at school.

Snacks are only allowed at playtime.

EYFS and KS1 Children are provided with free fruit to have at morning play.

After School Club (Green Room Club)

Our Green Room Club staff provide children with a healthy after school snack and plenty of water.

School Lunches

All school food meets standards set out by the Children's Food Trust and the National Nutritional Standards for School Lunches.

School meals are provided by Nourish, our catering contractor and are served between 12.00 - 13:30 in the dining hall. School meals are planned on a 4-week cycle and always contain meat and vegetarian options.

The current school meals menu can be found on our school website. (see Appendix 2 for a sample menu)

Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour, for academic or other achievements and by way of gifts or presents. Other methods of positive reinforcement are used in school. These include house points, positive praise, certificates and stickers, Pupil of the Week and Head Teacher Awards.

For exceptional events such as School Discos and Fetes and Fairs, the food policy may be relaxed in consultation with the Headteacher. In these cases, healthy options will continue to be provided and encouraged.

Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge. The school agrees with this recommendation and provides a free supply of drinking water throughout the school and playgrounds.

Special dietary requirements – as notified in writing by parents and carers

Special diets for religious and ethnic groups

Along with Nourish, our catering company, we aim to provide food in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch every day. As required the school also provides a vegan option.

Allergies

Individual care plans are created for pupils with food allergies and/or food intolerances. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details are kept by the school office. School caterers and the after-school team are made aware of any food allergies/food intolerance and requests for special diets.

Food safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We work to the guidelines set by our local Environmental Health Department in these matters.

Further information

Food Waste

We are committed to seeking to reduce food waste and to minimising the impact of wasted food on the environment through the use of food waste bins.

The food and eating environment

Children in Early Years and KS1 have their lunch first – packed lunches sit together and school dinners sit together. Children from all 3 classes share dinner tables.

KS2 eat in the second sitting – packed lunches sit together and school dinners sit together. Children from all 3 classes share dinner tables.

The lunch hall is cleaned thoroughly throughout the lunch period, with continuous monitoring and spillages cleaned up immediately.

HEALTHY PACKED LUNCH POLICY

How and why this policy was formulated:

The decision to introduce a packed lunch policy was taken because the contents of some lunch boxes was not healthy and, therefore, the policy was formulated:

- To make a positive contribution to pupil's health and Healthy Schools Status.
- To encourage a happier and calmer population of children and young people.
- To promote consistency between packed lunches and food provided by schools which from September 2006 and 2007, must adhere to national standards set by the government.
- To contribute to the Self Evaluation for review by Ofsted

It is a shared document that expresses a common vision of the ethos, status and role of all aspects of food within this learning environment.

The content of the policy will reflect the entitlements of every individual to healthy and nutritious food as set out by the National Curriculum and the government nutritional standards and strive to maintain consistency between the healthy meals eaten by students from the school canteen and those provided by parents for students to consume as packed lunches.

Where, when and to whom the policy applies:

To all pupils and parents providing packed lunches to be consumed within school or on school trips during normal school hours beginning from September 2014.

The Every Child Matters agenda "Change for Children" emphasised that being healthy is essential if children and young people are to get the best out of life and fulfil their potential. It recognised that to achieve this, health provision for children and young people needed to improve. The St Philomena's whole school food policy document recognises that by improving the provision of healthy food within the school environment, the above aim can be achieved. The whole school (packed lunch) food policy will therefore address inconsistencies between foods available for sale on the school premises and those brought into school by students to be consumed at lunchtime.

Food and Drink in Packed Lunches: what the policy states

- The school will provide facilities for pupils bringing in packed lunches and ensure that free fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining arrangements.
- The school will work with parents to ensure that packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein every day (e.g lentils, kidney beans, chickpeas, hummus and falafel)
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks or smoothies.

Packed lunches should NOT include:

- Crisps, (savoury snacks such as crackers or breadsticks and seeds are a good alternative.) Crisps will only be allowed on Wednesdays and Fridays.
- Chocolate bars, chocolate coated biscuits or cakes and sweets. Plain cakes and biscuits are allowed but should be part of a balanced meal.
- Meat products such as sausage rolls, pies, corned meat and sausages should only be included occasionally.

Special diets and allergies

We recognise that some pupils may require special diets that do not meet the standards exactly, in this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are NOT permitted to swap food items.

Assessment, evaluation and reviewing:

Packed lunches will be regularly reviewed by teaching staff, catering staff and lunch time supervisors. Healthy lunches will be rewarded with stickers and verbal praise.

Parents who do not adhere to the policy will receive a leaflet informing them of the policy and school will contact parents to speak about the matter.

Pupils with special diets will be given due consideration.

Involvement of parents/carers:

Parents providing packed lunches for their children must adhere to this policy.

In turn, the school will inform parents of the policy through the school newsletter.

The policy will be available on request.

All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

..... (Chair of Governors)

..... (Headteacher)

Date

Eatwell plate (formerly Balance of Good Health)

Information on the 'Eatwell plate' can be found at

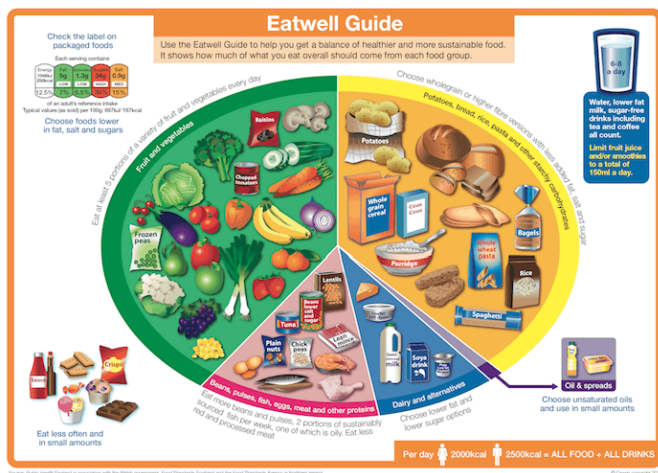
<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Guidance given by the 'Eatwell plate'

- Shows that no foods are forbidden
- Shows the importance of certain food groups, namely the fruit and vegetables, and the bread, cereals and potatoes group
- Gives a clear picture, which many people may find helpful
- Is based on foods, not nutrients
- Shows many alternative foods within each food group
- Is flexible enough to be applied to different age groups

Importantly, the 'Eatwell plate' shows the correct balance of foods that are needed to ensure the correct amounts of carbohydrates, fats, proteins, vitamins, minerals and fibre are eaten every day.

There are many representations of this plate and one example can be seen below.



Another representation of this can be seen in the food pyramid, which has suggested numbers of portions you should consume per nutrient group per day.

For more information on the Balance of Good Health, a useful website to help with this would be the British Nutrition Foundation.

<https://www.nutrition.org.uk/healthy-sustainable-diets/healthy-and-sustainable-diets/a-healthy-balanced-diet/?level=Consumer>

Sample lunch menu

CELEBRATING 20 YEARS

NOURISH Weekly Menu

Established 2003
OCT 23 TO MAR 24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Vegetable Lasagne 1.8, 2.9 Cauliflower & Chick Pea Curry 1.6 Jackets with a Choice of Toppings 1.8, 9	Chicken Stew & Dumpling 1.7 Pesto Pasta Bake 1.7, 9 Jackets with a Choice of Toppings 1.8, 9	Mixed Beef & Yorkshire Pudding 1.7, 9 Lentil & Bean Loaf 1.16 Jackets with a Choice of Toppings 1.8, 9	Pasta Carbonara 1.7 Falafel Wrap 1.16 Jackets with a Choice of Toppings 1.8, 9	Fish Fingers 1.8 Cheesy Bean Slice 1.7, 9 Jackets with a Choice of Toppings 1.8, 9
30th Oct					
27th Nov					
8th Jan	Rice, Sweetcorn, Peppers	Green Beans, Carrots	Rustic Roast Potatoes Cauliflower, Broccoli	New Potatoes Seasonal Vegetables	Chips, Peas Baked Beans, Coleslaw 9
5th Feb	Rice Pudding & Jam 7 Mr Nourish Biscuit 1 Fruit Pots	Apple Crumble 7 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Chocolate Swirl 1.7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Ginger Biscuit 1.16 Yoghurt 1.7 Fruit Pots
11th Mar					
Week 2	Macaroni Cheese 1.7, 9 Rice & Bean Burrito 1.16 Jackets with a Choice of Toppings 1.8, 9	Chicken Noodles 1.16, 19 Vegetable Nuggets & Tomato Sauce 1.16 Jackets with a Choice of Toppings 1.8, 9	Roast Pork & Gravy Roast Vegetable Yorkshire Pudding Wrap 1.16, 9 Jackets with a Choice of Toppings 1.8, 9	Mild Chilli 9 Cheesy Pasta Bake 1.7, 9 Jackets with a Choice of Toppings 1.8, 9	Salmon Risotto 9 Margherita Pizza 1.16, 9 Jackets with a Choice of Toppings 1.8, 9
6th Nov					
4th Dec					
15th Jan	Baked Wedges Seasonal Vegetables	Rainbow Rice, Carrots, Peas	Rustic Roast Potatoes Cabbage, Sweetcorn	Rice, Carrots, Green Beans	Chips, Peas, Baked Beans Cucumber Sticks
19th Feb	Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots	Toffee Apple Pudding 1.8 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Papcorn & Raisin Pot Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Sunshine Bar 1.16, 19, 20 Mr Nourish Biscuit 1 Yoghurt 1.7 Fruit Pots	Jaffa Biscuit 1 Yoghurt 1.7 Fruit Pots
18th Mar					
Week 3	Cheese & Tomato Garlic Dough Balls 1.7, 9 Spaghetti Vegetable Bolognese 1.16 Jackets with a Choice of Toppings 1.8, 9	Chicken Curry Tomato & Herb Pasta 1.16 Jackets with a Choice of Toppings 1.8, 9	Roast Gammon & Gravy Cheese & Onion Pinwheel 1.7, 9 Jackets with a Choice of Toppings 1.8, 9	Chicken & Sweetcorn Pie 9 Pesto Pasta 1.7, 9 Jackets with a Choice of Toppings 1.8, 9	Fish Fingers 1.8 Quorn Sausage 1.16 Jackets with a Choice of Toppings 1.8, 9
13th Nov					
11th Dec					
22nd Jan	New Potatoes	Rice, Sweetcorn Onion Stew	Rustic Roast Potatoes Cabbage, Peas	New Potatoes Seasonal Vegetables	Chips, Peas, Baked Beans Roasted Onions
26th Feb	Green Beans, Carrots	Jam Sponge 1.7 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots	Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Sweet Potato Cake 1.9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Apple Flogjack 1.16 Yoghurt 1.7 Fruit Pots
25th Mar	Chocolate Whip 7 Fruit Pots, Mr Nourish Biscuit 1				
Week 4	Margherita Pizza 1.16, 9 Vegetable Biryani 1.16 Jackets with a Choice of Toppings 1.8, 9	Sausages 1.8 Tomato Spaghetti 1.16 Jackets with a Choice of Toppings 1.8, 9	Roast Chicken & Gravy Vegan Sausage Roll 1.16 Jackets with a Choice of Toppings 1.8, 9	Bolognese Penne Pasta 9 Cheesy Cajun Wedges 1.7, 9 Jackets with a Choice of Toppings 1.8, 9	Fish Fingers 1.8 Bruschetta 1.7, 9 Jackets with a Choice of Toppings 1.8, 9
20th Nov					
1st Jan	Rainbow Pasta 1 Sweetcorn, Peppers	Savoury Rice Seasonal Vegetables	Rustic Roast Potatoes Green Beans, Carrots	Cauliflower, Broccoli	Chips, Peas Baked Beans, Coleslaw 9
29th Jan	Strawberry Mousse 7 Mr Nourish Biscuit 1 Fruit Pots	Banana Loaf 1.8 & Chocolate Custard 7 Fruit Pots, Mr Nourish Biscuit 1	Fruity Cornflake Cake 1.7 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Jam Swirl 1 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 1.7	Caramel Cookie 1.7 Fruit Pots, Yoghurt 1.7
4th Mar					

Alleges
marked with any of the following numbers contain the matching allergen.

- 1 Wheat Gluten
- 2 Cereals/Gluten
- 3 Soybean
- 4 Mustard
- 5 Sesame
- 6 Sulphites/Sulphur Dioxide
- 7 Milk
- 8 Fish
- 9 Egg
- 10 Peanuts
- 11 Molluscs
- 12 Celery/Celery
- 13 Nuts
- 14 Lupins
- 15 Bar Gluten
- 16 Barley Gluten

Allergies
Asthma/Allergies

LOOK OUT FOR OUR THEMED DAYS!

Come, Lord Jesus, be our guest. May this food by you be blessed. Amen

CATHOLIC

KEY: #B Vegan # Vegetarian
Available Daily. Selection of Salads 9. Home-made Bread 1.3, 7, 9
Some of our schools may use pre-prepped potatoes or vegetables on occasions. These may contain sulphites and coloring. Please discuss with your manager.