



## **FOOD IN SCHOOL POLICY**

**FEBRUARY 2018**

## **INTRODUCTION**

At Discovery Multi Academy Trust, we understand the importance of healthy eating, oral health and the pupils' education.

PSHE Leads lead on healthy eating in the Trust's schools.

## **POLICY AIM**

Food and sharing food are an important part of what we do in our schools. Discovery Multi Academy Trust buys in the services of CaterEd, who provide our schools with a menu which is healthy and nutritionally balanced and changed termly. CaterEd menus cater for vegetarians, have a Halal option and for medical dietary needs or allergies. This policy aims to set out the Trust's approach to food in school, in adherence with government guidelines.

Discovery MAT subscribes to the set of standards for all food served in schools – the School Food Plan - launched by the Department for Education in January 2015, mandatory in all maintained schools, new academies and free schools. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs. For more information please refer to: <http://www.schoolfoodplan.com>

## **BREAKFAST**

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements. Our school Breakfast Clubs aim to provide healthy breakfast options for participating children, including: a selection of low sugar, low salt, high fibre cereals including alternatives, wholemeal bread with a variety reduced sugar toppings, semi-skimmed milk and low fat yoghurt.

## **SNACKS**

The government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/or vegetable per day. Snacks provided for children are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

## **SCHOOL LUNCHES**

Food prepared by CaterEd meets the national school food. In September 2014 the government introduced Universal Free School Meals for all children from Reception to Year 2, as a means of providing a daily nutritionally balanced meal.

## **PACKED LUNCHES**

Parents and carers are encouraged to provide healthy, well balanced packed lunches. When preparing a child's lunchbox, parents are advised to include:

- Starchy foods – these are bread, rice, potatoes, pasta and others
- Protein foods – including meat, fish, eggs, beans

- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad and a portion of fruit
- Healthy drink such as water, milk or 100% fruit juice

Parents are asked to limit the following:

- Meat products such as sausage rolls, pies, sausages etc
- Cakes and biscuits - to be enjoyed as part of a meal occasionally not as a snack

Parents are asked not to include the following:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information: [www.childrensfoodtrust.org.uk](http://www.childrensfoodtrust.org.uk)

## **DRINKS**

Water is available for all pupils throughout the day, free of charge. Milk is available for children at least once a day.

## **SCHOOL EVENTS & TRIPS**

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

## **BIRTHDAYS AND OTHER SPECIAL CELEBRATIONS**

Celebrating children's birthdays with cake may be done with the understanding that the cake is pre-portioned by the child's parent or carer, and children may take their portion home at the end of the school day.

## **COOKING AND FOOD EDUCATION IN THE CURRICULUM**

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. This is implemented across the Trust's schools through the following measures:

- Ensure that food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.
- The school nurse delivers sessions on living a healthy lifestyle, fluoride brushing scheme, and the Life Education Caravan delivers annual sessions to pupils and parents/carers etc

**Extra curricular activities**

The Trust's schools offer clubs that provide continued learning around leading a healthy lifestyle. For example, gardening club, cookery club, and various sports clubs.

**DINING EXPERIENCE**

At meal times, children sit in their year groups with at least one member of staff. Children eat their lunch at dining tables in a family style setting.