

# NUTRITION POLICY

## Introduction

The 2014 requirements for school food regulations set out nutritional standards for food and drink provided to children in maintained schools and are designed to create a clear and simple set of food-based standards for school food. All food and drink provided by the school meet these nutritional standards. (See the appendix).

Ofsted believes that a whole school approach to food policy is likely to be more effective if it is embedded into development planning. It recommends that a whole school approach, involving a planned curriculum and all aspects of food provision, should be part of the strategic plan driven by the governing board. At Pippins School, the governing board recognises its legal responsibilities for regulations, for setting a strategic framework for the school's food policy, and for monitoring its implementation.

## Objectives and targets

The objective of this policy is that at Pippins School we ensure that food provided by the school complies with all food-related regulations and to DfE's school food standards requirements. We aim to ensure that healthier food and drink is provided at all times of day with the support of the whole school, considering individual needs, such as cultural, ethical or medical issues and reflecting nutrition and healthy eating messages in the curriculum. We aim to ensure the dining environment is a desirable place with enough space to sit and eat a meal, promoting social and community cohesion.

## Action plan

All food provided by the school, whether through school lunches, breakfast clubs, and or snacks meets legal requirements and the school food standards. We ensure this by checking products and menus supplied by the school itself or its caterers on a regular basis.

All relevant members of staff are trained to current standards and regulatory requirements. Food brought from home is not covered by the regulations covering school food standards but the school sets its own rules with regard to what food can be brought into school.

The governors work with the senior leadership team, caterers, students and parents to increase take-up of school lunches, especially for those pupils entitled to free school meals. The school has a stay-on-site policy and ensures that pupils have a safe and welcoming environment in which to eat their school or packed lunch. However, with regard to those pupils who are allowed to leave the site at lunchtime, the school monitors the impact on attendance, behaviour and community relations, as well as on their lunchtime food choices.

The school also ensures that food or drink which may pose a problem to pupils, especially those who are known to be allergic to certain ingredients, is appropriately labelled to staff and students alike.

## Labelling of foods

### *Prepacked foods*

Prepacked foods are those foods bought in by the school. They will be produced by the manufacturer and already comply with labelling regulations.

### *Prepacked direct sale (PPDS) foods*

Prepacked direct sale (PPDS) foods are those which are packaged on the premises before the pupil orders them and cannot be tampered with before purchase by the pupil. These foods will be labelled and include an emphasis on allergen information. Examples in a school might be:

- Sealed pots of breakfast oats, fresh fruits or yoghurts.
- Packaged sandwiches or salads in sealed boxes.
- Boxes of chips or chicken nuggets placed under a hot lamp.
- Packaged burgers.

### *Unpackaged foods for direct sale*

Unpackaged foods for direct sale do not require a label but must in any case meet current allergen information requirements for non-prepacked food. Thus they must display whether any of 14 allergens are or could potentially be present in the product, eg on menus, chalkboards, food order tickets or food labels. Examples in a school might be:

- Loose pieces of fruit or vegetables or slices of bread.
- Unpackaged slices of cake behind a display counter.
- Unpackaged hot sausage rolls behind a display counter.
- Individual loose foods in a canteen which are plated on request by a pupil.

### **List of allergens**

The 14 allergens are:

- Celery.
- Cereals containing gluten (such as barley and oats).
- Crustaceans (such as prawns, crabs and lobsters).
- Eggs.
- Fish.
- Lupin.
- Milk.
- Molluscs (such as mussels and oysters).
- Mustard.
- Peanuts.
- Sesame.
- Soybeans.

- Sulphur dioxide and sulphites (if they are at a concentration of more than ten parts per million).
- Tree nuts (such as almonds, hazelnuts, walnuts, brazil nuts, cashews, pecans, pistachios and macadamia nuts).

### **School Nutrition Action Group (SNAG)**

We have set up a School Nutrition Action Group (SNAG) this academic year, which will meet bi-annually to discuss food issues in school. This group includes pupils, teachers, parents, caterers, a governor and a health professional. Specific aspects of policy development, eg pupil surveys, menu designs and rules for break time snacks, are delegated to the SNAG. The following issues, which underpin our whole school approach to food policy, are considered as part of our strategic planning process and, at least on an annual basis, we will consider:

- Menus, food presentation and availability of choice at the end of the service period.
- The presentation of information on allergenic items in any food presented for sale.
- Length of the service period for lunches.
- The atmosphere and seating capacity and arrangements in the dining room, including decoration, temperature, light, noise levels, safe and orderly queuing, speed of service, student behaviour, time tabling to allow extracurricular activities during lunchtime.
- Charging policies and where applicable, free provision for our breakfast club.
- Whether to target particular groups of disadvantaged children for breakfast clubs.
- The provision of information for parents.
- Opportunities for parents to eat breakfast with their children.
- The disposal of litter and safety issues, such as those regarding glass bottles and tins.
- Funding, staffing, insurance, health and safety, food hygiene and special dietary needs.

### **School lunches**

We provide school lunches through an outside catering company which adheres to the government's regulations and the DfE's food standards. We:

- Work towards maintaining and/or increasing levels of uptake of school lunches.
- Ensure that the food provided is compliant with government standards for school lunches and is of a high quality and promotes health.
- Expect the school caterers to show the allergen ingredients' information for the food they serve to make it easier for the school and pupils to identify the food that pupils with allergies can and cannot eat.
- Ensure that the choices provided address cultural, religious and special dietary needs.
- Ensure the school has the capacity to provide a meal for all those who require one.

- Offer staff who supervise pupils at lunchtime a free school meal.

### **Packed lunches brought from home**

The government standards for school food do not cover packed lunches brought from home, but following consultation with parents, we have set guidelines regarding the content of packed lunches brought into school.

We aim to:

- Ensure packed lunch contents are in line with the school nutrition policy.
- Gain parents' agreement to a packed lunch policy.
- Allow a packet of crisps on Fridays only. No item(s) covered in chocolate to be sent in on any day of the week.

### **Breakfast clubs**

For those pupils who attend the breakfast club we:

- Ensure that the provision is in line with legislation and the school nutrition policy.
- Provide a healthy breakfast for children who otherwise might go without.
- Provide practical nutrition education.
- Provide examples of healthier breakfasts to parents.

### **Break time snacks and drinks**

We aim to ensure that:

- Break time snacks and drinks are in line with the school nutrition policy.
- Any snacks and drinks provided by the school meet government regulations and the school food standards.
- We gain parents' agreement to the school's policy regarding snacks and drinks.

## APPENDIX – FOOD STANDARDS IN SCHOOLS

The table below outlines the food standards which apply in state maintained schools. It is based on the food groups listed, and frequency of availability of these foods at lunchtime together with other requirements. Regulations for school lunches in maintained nursery schools and nursery units within primary schools are slightly different and reference to the regulations should be made.

Food group	Food type	Frequency of availability	Other requirements
Starchy food	<p>A1: All types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.</p> <p>A2: All types of bread with no added fat or oil.</p>	<p>One or more portions of food from sub-group A1 must be provided every day.</p> <p>Three or more different foods from sub-group A1 must be provided every week (but this requirement will not be met if the different foods are provided in a single portion). One or more of the portions of food from sub-group A1 that is provided every week must be wholegrain.</p> <p>A type of bread from sub-group A2 must be available every day.</p> <p>Savoury crackers or breadsticks which are served with food groups B or D may be provided as part of a school lunch.</p>	<p>Food from sub-group A1 which is cooked in fat or oil must not be provided on more than two days each week.</p>
Fruit and vegetables	<p>B1: Fruit of all types, whether fresh, frozen or dried. Fruit canned in water or juice. Fruit-based desserts (with a content of at least 50% fruit measured by the weight of the raw ingredients).</p>	<p>One or more portions of food from sub-group B1 (fruit) must be provided every day.</p> <p>A fruit-based dessert with a content of at least 50% fruit measured by volume of raw ingredients must be provided two or more times every week.</p>	<p>Where dried fruit is provided it must have no more than 0.5% vegetable oil as a glazing agent.</p>

Food group	Food type	Frequency of availability	Other requirements
	<p>B2: Vegetables of all types, whether fresh, frozen or dried. Vegetables canned in water or juice.</p>	<p>Three or more different foods from sub-group B1 (fruit) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.</p> <p>One or more portions of food from sub-group B2 (vegetables) must be provided every day.</p> <p>At least three different foods from sub-group B2 (vegetables) must be provided every week, but this requirement will not be met if the different foods are provided in a single portion.</p>	
<p>Meat, fish, eggs, beans and other non-dairy sources of protein</p>	<p>C1: Meat - fresh, frozen, canned or dried.</p> <p>C2: Fish - fresh, frozen, canned or dried.</p> <p>C3: Eggs, nuts, pulses and beans, other than green beans.</p> <p>C4: Other non-dairy sources of protein.</p> <p>C5: Any food containing meat together with food from groups A, B or D.</p>	<p>A portion of food from group C must be provided every day.</p> <p>A portion of meat or poultry must be provided on three or more days every week.</p> <p>Oily fish must be provided once or more every three weeks.</p> <p>A portion of non-dairy sources of protein must be provided on three or more days every week.</p>	<p>Meat products (eg burgers) may not be provided more than once each week in primary schools and twice each week in secondary schools. (See regulations for definition of meat product). In boarding schools, meat products may not be provided more than twice each week as part of a school lunch.</p>
<p>Milk and dairy</p>	<p>D1: Lower fat milk and lactose reduced milk.</p>	<p>Must be made available on every school day at a time during school hours.</p>	

Food group	Food type	Frequency of availability	Other requirements
	D2: Cheese, yoghurt (including frozen), fromage frais and custard.	A portion of food in sub-group D2 must be provided every day.	
Drinks	<p>E1: Plain drinks: plain water (still or carbonated), lower fat milk or lactose reduced milk, fruit juice or vegetable juice of no more than 150ml per portion, plain soya, rice or oat drinks enriched with calcium, plain fermented milk drinks.</p> <p>E2: Combination drinks of no more than 330ml per portion: combinations of fruit juice or vegetable juice with:</p> <p>(a) plain water, in which case the fruit juice or vegetable juice must be at least 45% by volume, but no more than 150ml, and may contain vitamins and minerals.</p> <p>(b) lower fat milk, lactose reduced milk or plain fermented milk drinks (in each case with or without plain water) in which case the milk or fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>(c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by</p>		<p>Drinking water must be provided free of charge at all times to registered pupils on the school premises.</p> <p>Whole milk may be provided for pupils up to the end of the school year in which they attain the age of five.</p> <p>Fruit juice must not contain any added vitamins or minerals.</p> <p>See regulations for further details on food additives in drinks.</p> <p>See regulations for further details on flavourings in drinks of group E2.</p>

Food group	Food type	Frequency of availability	Other requirements
	<p>volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Combinations of lower fat milk, lactose reduced milk, plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the lower fat milk, lactose reduced milk, fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Flavoured lower fat milk, flavoured lactose reduced milk or flavoured soya, rice or oat drinks, in which case the lower fat milk, lactose reduced milk, soya, rice or oat drink must be at least 90% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.</p> <p>Tea and coffee.</p> <p>Hot chocolate which may contain vitamins, minerals and less than 5% added sugars or honey.</p>		





There are also restriction on foods high in fat, sugar and salt.

- No more than two portions of any food that has been deep-fried, batter-coated or breadcrumb coated may be provided each week.
- No snacks may be provided, except for nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
- No confectionery must be provided (except that in boarding schools confectionery, snacks, cakes or biscuits may be provided to pupils as part of an evening meal).
- No salt must be available to add to food after the cooking process is complete.
- Condiments may only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.