



St Catherine Catholic Primary School and Nursery **Healthy Food Policy**

1. Introduction

St Catherine School understands the importance of developing healthy food habits in children. The beneficial effects these habits have on concentration, overall school performance and prevention of obesity, are examples of why a healthy food policy should be enforced.

St Catherine School meets the requirements of the School Food Standards and aims to maintain these standards across all packed lunches and school dinners.

2. Legal framework

2.1. This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

3. Aims and Objectives

3.1. While maintaining this policy, St Catherine School aims to:

- Promote the benefits of healthy eating and its effect on performance at school.
- Offer parents with clear guidance on providing a healthy packed lunch.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of all food consumed on school

3.2. To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

4. Roles and responsibilities

- The provision of school food at **St Catherine School**
- Ensuring procedures are in place to provide school lunch for pupils where a meal is requested and the pupil is eligible for free school meals, or it would not be unreasonable for lunches to be provided.
- Deciding on the form that school lunches take, and ensuring that all lunches, and any other food or drink, meets the school food standards.

- Providing hot lunches, wherever possible, to ensure that all pupils are able to eat one hot meal a day.
- Providing free school meals to a pupil if the pupil and/or their parent meets the eligibility criteria within the Education Act 1996.
- Ensuring that all drinking water is provided free of charge at all times.
- Ensuring that all facilities provided to eat any food that pupils bring into school are free of charge.
- Providing facilities to eat food, which include accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Ensuring that milk is provided
- Providing a free piece of fruit or vegetable outside of school lunch hours for pupils between four and six years old who are eligible through the School Fruit and Vegetable Scheme.
- Monitoring the implementation of this policy

5. School lunches

- All school lunches follow the school standards for lunch. These state the following should be provided

5.1. Starchy food:

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
- Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
- A type of bread with no added fat or oil will be available every day.

5.2. Fruit and vegetables:

- One or more portions of vegetables (all types) will be available every day.
- Three or more different types of vegetables will be provided each week.
- One or more portions of fruit (all types) will be available every day.
- Three or more different types of fruit will be provided each week.
- A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.

5.3. Meat, fish, eggs, beans and other non-dairy sources of protein:

- A portion of meat, fish, eggs, nuts, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week.
- Oily fish will be provided once or more every three weeks.

- A portion of non-dairy sources of protein will be provided on three or more days every week.

5.4. **Milk and dairy:**

- A portion of cheese or yoghurt or fromage frais will be provided every day.

5.5. **Food high in fat, sugar and salt:**

- Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school lunches.
- Children will not be provided with any cakes, biscuits or custard as part of school lunches

6. **Packed lunches**

6.1. Based on the School Food Standards, packed lunches at St Catherine School will contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- An oily fish will be included at least once every three weeks
- Only water, pure fruit juices, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

6.2. All school packed lunches should contain a balance of foods from each food group.

6.3. Packed lunches may contain these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit
- Breadsticks

6.4. To allow for the promotion of healthy eating, the following food and drinks are not permitted by St Catherine School :

- Chocolate bars or chocolate coated biscuits
- Cakes or biscuits
- Other confectionery items such as sweets or chewing gum
- Popcorn
- Crisps or other similar starchy snacks
- Flavoured drinks
- Carbonated drinks or those containing high levels of caffeine

7. Allergies and special diets

- 7.1. St Catherine School understands that some pupils may have allergies to some foods, or have dietary requirements that do not adhere to this policy. In these cases, pupils affected by specific dietary requirements will be provided with a packed lunch that is as healthy as possible.
- 7.2. Due to allergies **no food containing nuts** is allowed in school
- 7.3. Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

8. Other food items in school

- 8.1. Children are not permitted to bring in sweets, cakes or other unhealthy food products to share with their class for their birthdays.
- 8.2. On school trips parents may choose to send their child with one cake, biscuit or crisp treat but these must be individually sized and not sharing items
- 8.3. Children may be provided with unhealthy foods by the school at Christmas and Easter as a special treat.

9. What the school will provide

- 9.1. In accordance with DfE's guidance 'School food in England' 2016, St Catherine School will ensure that pupils have access to free, fresh water at any time.
- 9.2. Clean dining areas are available for all pupils; St Catherine School will aim to prevent segregation of packed lunch and school dinner pupils.
- 9.3. Advice for parents regarding our policies and healthy eating regulations will be available at all times.
- 9.4. Staff and catering members will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

10. Breaches of the policy

- 10.1. Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately. Leaflets will be sent home in the packed lunch explaining the school's policy.
- 10.2. Any food that is not compliant will be confiscated and returned to the pupil at the end of the day. The school will provide alternative food items.
- 10.3. If a pupil brings a lunch that is completely inappropriate, the school will provide a replacement meal for which parents will be charged.
- 10.4. If a pupil continues to bring a lunch that is not in line with this policy, the school will contact parents to discuss this further.

11. Monitoring and review

- 11.1. The headteacher will review this policy frequently, and ensure that all procedures remain current and up to date.
- 11.2. The governing board will work with the school to review the healthy food policy and provide advice and support where needed.
- 11.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.
- 11.4. All staff will be notified of any changes made to this policy.

Approved by governors July 2018