

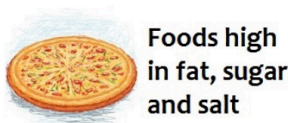


The school food standards



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day.
- One or more portions of fruit every day.
- A dessert containing at least 50% fruit two or more times each week.
- At least three different fruits and three different vegetables each week.



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week.*
- No more than two portions of food which include pastry each week.*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food.
- No confectionery, chocolate or chocolate-coated products.*
- Desserts, cakes and biscuits are allowed only at lunchtime.
- They must not contain any confectionery.
- Salt must not be available to add to food after it has been cooked.*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful.*

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs.
Information from 'The School Food Plan' website.



Starchy food

- One or more wholegrain varieties of starchy food each week.
- One or more portions of food from this group every day.
- Three or more different starchy foods each week.
- Starchy food cooked in fat or oil no more than two days each week.*
- Bread - with no added fat or oil - must be available every day.



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

- A portion of food from this group every day.
- A portion of meat or poultry on three or more days each week.
- Oily fish once or more every three weeks.
- For vegetarians, a portion of non-dairy protein on three or more days each week.
- A meat or poultry product no more than once each week in primary schools and twice each week in secondary schools*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets.
- No savoury crackers and breadsticks.
- No cakes, biscuits, pastries or desserts.



Milk and dairy

- A portion of food from this group every day.
- Lower fat milk must be available for drinking at least once a day during school hours.



Healthier drinks

- Free, fresh drinking water at all times. The only drinks permitted are:
 - Plain water.
 - Lower fat milk or lactose reduced milk.
 - Fruit or vegetable juice.
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk drinks.
 - Combinations of fruit or vegetable juice with plain water.
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk, flavoured lower fat milk, all with less than 5% added sugars or honey.
 - Tea, coffee, hot chocolate.
- Combination drinks are limited to a portion size of 330ml.



FOOD & DRINK IN SCHOOL

Parent Guide Number 38

We will always endeavour to provide good quality, affordable, healthy food in school. We will encourage all food brought into school to be good quality and healthy too.

The school recognises the important role that healthy food and drink, in a pleasant dining environment, at lunchtimes plays in the good health and learning potential of our pupils. The school will therefore make healthy school lunches and dining experience a priority.

Food provided by the school will wherever possible and appropriate be healthy and nutritious.

Lunchtimes

By working closely with our contracted catering company (currently Caterlink) we aim to ensure that we are providing food which as a minimum meets the current School Food Standards, and that the dietary requirements of all pupils are being met. Should you have any questions or concerns with regard to school lunches please contact Mr Higgs.

Packed Lunches

Our packed lunch guidelines below are aimed at encouraging parents to follow the same healthy food standards we aspire to as a school wherever possible. For a balanced packed lunch please try to include one each of these healthy food types and drinks. You will see that there are five components, plus a drink, which make up an 'ideal' lunch :

Fruit - Essential for vitamins and minerals and fibre.

Try to include at least one portion of fruit (fruit juice can count as one portion).

Vegetables - Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables.

Protein - Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.

Starchy foods/carbohydrates - Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.

Milk and Dairy foods - Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

Drinks -Water - Fresh, cooled water will be freely available for your child on the table at lunchtime.

Healthy drinks - If you would like to put a drink in your child's packed lunch please try to include water, milk or fresh fruit juice

Please try to avoid:

**Crisps, chocolate and snacks which are high in fat, sugar or salt
or any drinks sweetened with sugar or artificial sweeteners (such as aspartame).**

Packed lunches should not include fizzy drinks or sweets.

Drinks

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration by providing pupils with access to free, clean and palatable drinking water. The consumption of water is encouraged regularly by classroom staff and by lunchtime supervisors.

For health and practical reasons (e.g. the problems caused by spilling of sugary drinks) only water is to be consumed in classrooms. Where a pupil has a medical condition which requires an alternative drink to be consumed then a medical letter will be required to direct the school towards this waiver.

Breakfast Club

Food provided at breakfast times will be similarly nutritious by setting our standards for breakfast as high as at lunchtimes.

Break Time Snacks

Pupils will be allowed the opportunity to purchase a healthy drink and/or snack at morning break time. Any snacks brought into school by children must also meet the School Food Standard (see over).

School Trips

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

Parties

There may well be occasions when we relax our normal requirements regarding healthy food in order to celebrate achievements or as part of religious events/education. We will of course remain mindful of individual pupil needs/parental instructions, during these times.

Allergies

Parents must notify the school of any allergies which their children suffer from, including intolerances to any food or drinks.

The school will ensure that all staff are aware of pupils with allergies and that appropriate Health Care Plans are in place where necessary.