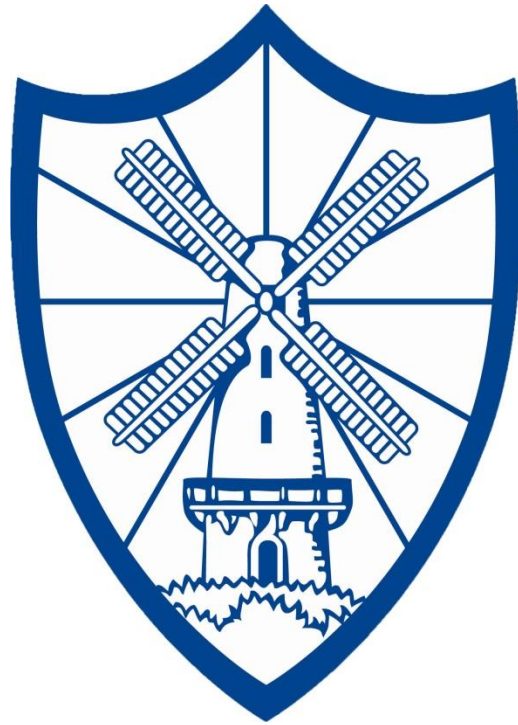


Meopham Community Academy



Food Guidelines

Date: January 2013



Rationale

We are committed to giving our pupils consistent messages about all aspects of health and to encourage them to take responsibility for the choices they make. We can provide a valuable role model; to pupils and their families with regard to food and healthy eating behaviours. All staff aim to create an environment which supports a healthy lifestyle.

We are committed to the principles of the Healthy Schools programme and this policy forms an important part of our status as a Healthy School.

The policy was written in consultation with representatives of the whole academy community.

Aims

Proper nutrition is essential for good health, well-being and effective learning.

We aim to:

- Provide a consistent programme of nutritional education that enables pupils to make informed choices without guilt or anxiety.
- Provide a 'whole academy, whole day' approach to nutrition that makes 'healthier choices, easier choices'.
- Work in partnership with catering staff to ensure that nutritional standards are reached by providing attractive, value for money meals that are appropriate to local needs.
- Achieve a pleasant and sociable dining experience which enhances social development.
- Involve the whole academy community.

Promoting healthy and balanced nutrition

- We encourage pupils to choose a variety of foods to ensure a balanced intake, in line with national nutritional guidelines and standards.
- We encourage foods which are rich in vitamins and minerals, in particular fruit, vegetables, fish, meat, beans and pulses, bread, wholegrain cereals and dairy products.
- We encourage starchy foods such as bread, pasta, rice and potatoes as a source of energy, rather than fatty foods. We encourage water, fruit juices, milk and sugar free drinks. We discourage sugary drinks and fatty or sugary snacks.



Ethos, environment and organisation

- We recognise the importance of nutrition and lunchtime organisation on the behaviour of pupils.
- All staff work together to create a good dining experience and the development of good table manners.
- Duty teachers are responsible for behaviour in the dining hall and beyond during lunchtime, alongside the Behaviour Mentor. A free meal is provided for these teachers.
- Non-teaching staff are supported by the academy's behaviour policy.
- All Foundation Stage children are encouraged to have cooked meals to support the development of social skills and to promote the acceptance of wide range of foods.
- Medical needs are taken into account as appropriate e.g. diabetes, eating disorders, obesity and food allergies.
- We encourage children to eat an adequate meal but do not insist on finishing their meals.
- We recognise the particular value of cooked meals to children from low-income families and these are promoted to parents. Our non-discriminatory approach is emphasised.
- Liaison with secondary schools to prepare pupils for the transition to a cash cafeteria system.
- The only mid-morning snack children can bring in is plain fruit or vegetables. We provide a fruit snack for all children in FS and KS1 through Free Fruit for Schools scheme.
- Water is provided via water fountains and water bottles from home, accessible at all times.
- Water bottles are taken home daily for cleaning and refilling. They may only contain plain water, not squash, juice or milk.
- Children are encouraged to drink plenty of water during the day, especially after physical activity and in hot weather.
- Water, juice and milk are provided as part of cooked meals. Packed lunches may contain these drinks but not fizzy drinks.
- We do not permit birthday treats of sweets or cakes and promote alternative ideas.



Cooked Meals

- The catering service monitors and reports the number of pupils using the service and adherence to agreed nutritional standards. Academy lunchtime menus are agreed by the academy and catering service.
- Local, medical and ethical preferences are considered within the nutritional standards framework. Themed days and class-devised menus are regularly featured, linked to calendar or curriculum events.
- All children are encouraged to take a portion of vegetables.
- Portion sizes are adjusted to take into account the calorie requirements of different ages.
- All children have the opportunity to have a portion of salad with their meal.
- Seasonal menus are sent home to all families and we encourage flexible take up of cooked meals during a week.

Packed Lunches

- Children may choose to bring in a packed lunch. These are eaten in the same dining hall and at the same time as cooked meals. Guidance on their content is provided to parents.

Our packed lunch policy is attached as Appendix 1.

Curriculum

- Children learn the importance of a balanced diet, cooking skills and food hygiene through the PSHE, DT and Science curricula.

Monitoring

- The Deputy Headteacher monitors cooked meals with the catering service.
- The PSHE Subject Leader is responsible for evaluating the policy and including developments within the subject improvement plan and reports to the Team Leader.



Links with other policies

- Medical Needs
- PE
- Health and Safety
- Visitors
- DT
- Science
- PSHE
- Inclusion
- Equal Opportunities
- Racial Equality



Packed Lunch Policy

Meopham Community Academy

April 2016

The policy was drawn up using a range of national documents including a toolkit and a draft policy from the *School Food Trust* and *Food policy in Schools - a strategic policy framework for governing bodies (National Governors' Council, (NGC) 2005)*.

The policy applies to all packed lunches to be consumed within the academy or on academy trips during normal academy hours. This policy forms part of the academy's food policy.

Aims

To ensure that all packed lunches brought from home and consumed within the academy (or on educational visits) provide the pupil with healthy and nutritious food, which is now regulated by national standards.

Food and drink in packed lunches:

- The academy will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The academy will work with the pupils to provide attractive and appropriate dining room arrangements.
- The academy will work with parents to ensure that packed lunches abide by the standards listed below.
- Wherever possible the academy will ensure that packed lunch pupils and cooked meals pupils will be able to eat together at the same time.

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 (e.g. lentils, kidney beans, chickpeas, hummus and falafel) every day
- 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 fraise or custard every day.
- Only water, fresh fruit juice, milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- Snacks such as crisps (as an alternative include seeds, vegetables and fruit, savoury crackers (without nuts) or breadsticks)
- Peanut butter
- Hazelnut chocolate spread
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets.

Special diets and allergies:

- We are aware of the importance of the needs of children with nut and other food allergies and do not allow children to share or swap foods. We also ask that children do not bring in peanut butter and / or hazelnut chocolate spread as sandwich fillings.
- The academy also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons also, pupils are not permitted to swap food items.

Assessment, evaluation and reviewing:

- Packed lunches will be regularly reviewed by teaching staff and midday meal supervisors.
- Healthy lunches may sometimes be rewarded e.g. as part of Healthy Schools promotion.
- If a child regularly brings a packed lunch that does not conform to the policy then a member of staff will contact the parents to discuss this.

Please note: pupils with special diets will be always be given due consideration.