



## Nutritional Standards policy

March 2021

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## **Southwood Infant School**

### **Nutritional Standards Policy**

#### **Aims**

To provide nutritional education for our children by promoting healthy eating patterns and taking a pro-active approach to improve their health and well being while attending Southwood Infant School.

#### **Rationale**

As part of the curriculum and to improve the well being of our children, we incorporate:

- Healthy eating days
- Provision of water for children
- Morning break healthy snack
- Provision of milk
- Planned topics to promote a healthy approach to living.
- After school clubs e.g. Football, Dancing club, Running Club

This policy covers the following in terms of Nutritional Standards:

- School meals
- Food provided at the school, other than school meals
- Healthy eating, as part of the curriculum
- Packed lunches
- Extra curricular activities, such as Dancing, Football and Running Club

We think that a balanced healthy, nutritious diet is important for the physical and intellectual development of children. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence **Feed the Body, Fuel the Mind**.

#### **Objectives**

##### **School Meals**

Agreement has been made with the school caterer that they must meet The Requirements for School Food Regulations 2014 which came into force on 1 January 2015 for school meals and non-school meal food provided in school.

Please see the link below for the information concerning our school caterers, Hc3S.

<https://www.hants.gov.uk/educationandlearning/hc3s/education-catering>

The new school food standards are **food-based only**, which means schools and their caterers no longer have to nutritionally analyse their recipes and menus.

The standards are based on the following food groups:

- Starchy foods
- Fruit and vegetables
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Milk and dairy
- Foods and drinks high in fat, sugar and salt
- Plus, healthier drinks

The general principle of the new standards emphasises the importance of providing a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Offering a wider range of different foods provides a better balance of nutrients.

Drinking Water – Children are encouraged to bring a named, filled water bottle to school each day. Drinking water is available for anyone who forgets their water bottle.

Salt and Condiments - Table salt is not made available.

Confectionery - Confectionery is not available.

### **Universal Infant Free School Meals**

With effect from 1 September 2014, infant pupils are able to have a school meal at lunchtime, free of charge.

This applies to all children in Reception, Year 1 and Year 2, and requires no registration. Each child is entitled to a hot, two course meal at their school which will include a meat or non-meat main item, vegetables, potato, pasta or rice, salad and a dessert.

The Government made the commitment to fund all these meals in 2014 and funding has been allocated to schools. Hampshire County Council is therefore encouraging all pupils to enjoy a school meal at lunchtime.

Parents who meet the standard free meal criteria, are still encouraged to register, as eligibility provides additional funding for schools in the form of Pupil Premium, further helping to support children.

### **Packed Lunches**

At Southwood Infant School we promote the benefits of a free, well balanced hot school meal for children in the middle of the day, and we recommend to parents that this is the best option.

If a packed lunch prepared at home is preferred, this should be nutritionally balanced. Following advice set out by the British Nutrition Foundation, a healthy and balanced packed lunch should contain:

- A portion of a starchy food such as a wholegrain roll, bagel, wrap, pitta pocket, pasta, rice, potatoes or noodles
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes, carrot, cucumber, pepper or celery sticks, small tub of fruit salad or small box of raisins. As individual portions and/or incorporated into other dishes like pasta salads and sandwich fillings
- A portion of lean meat, fish, eggs, beans or another (non-dairy) source of protein and/or milk or a dairy food
- A drink e.g. a bottle of water, carton of fruit juice, or semi-skimmed or 1% fat milk.
- Crisps or packeted savoury snacks high in salt and fat **if necessary** a maximum of twice a week. Cakes and savoury snacks are permitted under this policy, however we suggest that these should be included less often and it is a good idea to select healthier options where possible.

Ice packs are recommended to be included in packed lunches. Food products; prepared and stored in ambient temperatures, can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to children. The school cannot take legal responsibility for foods prepared at home and brought into school.

The school requests that the following items are not included in packed lunches:

- Sweets (including winders), chocolate, etc.
- Fizzy drinks/sugary drinks.

- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing nut products – we are a nut free school
- Packets of salted nuts.

### **Safe and Healthy Eating Environment**

The school provides a clean, sociable environment, indoors and out, for children to eat their lunch. In doing so, the school requests children adhere to the following rules:

- Children are required to sit at a table in order to eat their hot lunch in a civilised manner. Children may on occasion be allocated an alternative clean and safe area in which to eat their packed lunch.
- Children are expected to behave whilst eating their lunches and to be polite and helpful.
- Children are encouraged to eat all or at least try to eat most of the food provided, either by the school or in their packed lunch.
- Children leave the area where they have eaten their lunch in a reasonable clean and tidy condition.

### **Good Meal Time Etiquette and Good Behaviour**

To encourage good behaviour and social interaction during the meal time:

- A group of children are invited each week to sit at a special top table in the dining hall; they are called the weekly 'Lunchtime Stars' and a special guest sits at the table with them.

### **Basic Food Hygiene Standards**

The school will ensure the School Cook is trained, at least, to Basic Food Hygiene standards.

Either

- Through the school meal provider, e.g. HC3S
- Local college

### **Food Education**

Food Education is planned within the Two Year Topic Cycle and includes:

- Cooking for the topic e.g. making bread during Harvest time.
- Historical links
- Healthy living promotions – Free fruit and vegetable scheme.

### **Promoting a Healthy and Balanced Diet**

As part of the work in science, for personal, social, health and citizenship education (PHSE), we teach:

- The components of a healthy diet.
- The importance of healthy eating both now and in the future.
- Measuring and weighing
- Our Gardening Club grows vegetables
- Food in history where applicable
- Design a healthy menu
- Looking at the role of food in celebrations in RE
- Extra curriculum activities, including:
  - Caterer's talks about the changes in school meals and nutritional standards.
  - After school sports clubs.

We enlist the help of the school caterer to help promote healthy eating habits. We also arrange for advice and assistance about healthy eating issues to be provided to parents. Outside speakers such as local sportsmen and women promote healthy eating habits during assemblies and specially arranged events.

**Monitoring and Evaluating the Policy**

This policy, its procedures and activities will be monitored and reviewed periodically by the Governing Body. Any feedback or updates to the policy will be published in our School Newsletter.

**Ratified: March 2021**

**Review Date: March 2023**