
FOOD POLICY



RÆDWALD
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RATIFIED BY THE TRUST BOARD ON:
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FOOD POLICY

Person responsible for this policy:	Angela Ransby
Policy author:	Trust Business Managers
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CEO Signature:	Angela Ransby
Trust Board Signature:	Roger Fern

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This Trust actively supports healthy eating and drinking throughout the school day. This policy document was produced in consultation with the entire school community. At the Raedwald Trust we recognise the important part that a healthy diet plays in a child's well being and their ability to learn. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. We take seriously our commitment to supporting the health and wellbeing of the whole child and their family. As part of that commitment, we see it as our duty to sign post families to helpful organisations as well to secure emergency food relief at the point of need.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015.

The new standards include:

- One or more portions of vegetables or salad as an accompaniment every day
- At least three different fruits, and three different vegetables each week
- An emphasis on wholegrain foods in place of refined carbohydrates
- An emphasis on making water the drink of choice
- Limiting fruit juice portions to 150ml
- Restricting the amount of added sugars or honey in other drinks to five percent
- No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated.
- No more than two portions of food which include pastry each week.

It has also been written to reflect the Eatwell Plate Model of Healthy Eating and supports key outcomes of the School Food Plan. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

What this policy covers

All food and drink the Raedwald Trust provides to pupils on and off school premises.

Provision of food

- Before a student starts to attend the setting, school leaders find out from parents their children's dietary needs and preferences, including any allergies.
- School leaders record information about each student's dietary needs on School Pod
- School leaders regularly consult with parents and staff to ensure that our records of their children's dietary needs - including any allergies - are up to date.

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- School leaders implement local systems to ensure that students receive only food and drink that is consistent with their dietary needs and preferences as well as their parent's/carer's wishes.
 - School leaders refrain from using peanuts or nut products within the trust due to allergies. We will not supply food that says it contains nuts but on food products there is a section that contains allergy advice. If this says that it 'does contain nuts' or 'may contain peanuts' then we do not use. Many product labels say that the product 'may contain nuts' and this tends to be manufacturers being cautious, so these products are allowed to be brought into school. All allergens are highlighted in bold on food packaging and on our records.
 - All trust staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy. Free School meals are provided in the same way as paid lunches.
 - Staff that are working with, serving and handling food are trained in Food hygiene.
 - We have fresh drinking water constantly available for the students.
 - Students will be actively encouraged to wash hands before and after eating.
 - Each school site has their own dining arrangements for school food and home packed lunches.

Packed lunches

- School leaders inform parents who provide food for their children about the storage facilities available in the setting.
- In order to protect pupils with food allergies, we encourage pupils not to share and swap their food with one another.
- Parents and carers are requested not to send food to school that contains nuts by school leaders. This includes all types of nuts, peanut butter, nutella, cereal/chocolate bars and any other food containing nuts. Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- In general, on food products there is a section that contains allergy advice. If this says that it 'does contain nuts' or 'may contain peanuts' then we do not want you to send these products into school. Many product labels say that the product 'may contain nuts' and this tends to be manufacturers being cautious, so these products are allowed to be brought into school.

Raedwald Trust School Lunches

- The lunches we provide meet/exceed the School Food national standards. All pupils have a choice enabling them to eat healthily. Provision is made for special diets e.g. medical, cultural, vegan, vegetarian.
- Pupils are encouraged to taste and eat new foods. We provide a menu to sites to show what is on offer each week.

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- We provide cold lunch boxes within the Trust and adhere to the school food standards in our offer. All foods are recorded and allergens are shown.
 - We will always offer fresh fruit and yoghurts to students in addition to their school lunch box.
 - Food other than at lunch
 - We will offer food choices to students that adhere to the School Food Standards. Fruit is always available for snacks. At breakfast and breaks we will offer cereals that are lower in added sugar and salt, bread for toast or sandwiches. It is important children have enough to eat during the school day and we will always strive to ensure no child is hungry whilst at school.
 - At times, and as part of our wider education programmes, we take children out for food. Restaurant food does not always comply with School Food Standards.

Food education

- The curriculum aims to increase students' knowledge of what constitutes healthy eating and this ethos is reflected in the catering provided on site.
- The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.
- Food and nutrition is taught at an appropriate level throughout each key stage in science and PSHE.

Community Shelf

The Raedwald Trust operates a Community Shelf project established to share community resources with students and families. Through this project, we supply families with food items to help support home provisions. The items provided by the community shelf will be general food that would enable meals to be cooked in the home. Food provided through this project does not fall under the provisions laid out in the School Food Standards.