



SOHO PARISH PRIMARY POLICY Food and drink

Most recent review	July 2020	Next review due	July 2023
Governor committee responsible	SAW	Written by	Hannah Peaty and Amy Taylor

1. AIMS

Soho Parish School aims to develop the whole child by giving positive, consistent messages about food and nutrition. We recognise the importance of healthy eating and that good, nutritious food is essential to children's ability to learn as well as to their long-term health.

Soho Parish School is a **nut free school**. This means no food products containing nuts are to be brought into the building. This reduces the risk of any child who may have or develop an allergy to nuts coming into contact with a food product which could potentially be very harmful to them.

2. LUNCHESES

Our Chef-led, in-house meals service aims to:

- provide good quality food, using fresh, seasonal, natural ingredients, locally sourced and fairly traded whenever possible.
- improve the eating habits of the children, so that more children eat a nutritionally balanced meal at lunchtime.
- challenge appetites with interesting and varied choices as well as provide simpler options for children who prefer plain food, but with the 'Chefs in Schools' commitment to being bold with our food and taking our children on a journey.

2.1 Menu composition

- Except in summer, a hot meal should be available for every child wishing to have one.
- school lunch should provide at least one third of a child's nutritional requirements.
- the portion sizes and quality of food served should be the equivalent of a child's main meal of the day.
- lunchtime should be an enjoyable, social occasion that reinforces teaching in the classroom; we treat our children as customers and greet them all with a smile.
- menus will offer a vegetarian choice, which should be available to all children. All children follow a vegetarian/plant based diet twice a week.
- the school staff, parents, governors and children are welcome to make suggestions; feedback is welcomed through informal and formal channels and all are welcome to join the children for lunch. Staff are encouraged to do so to share in the social experience.
- the menus should reflect the cultural and ethnic diversity of the school.
- with advanced planning, the menu can be co-ordinated with class studies to reflect different celebrations reflecting the diversity of the school.
- the menu should be on display in the lunch hall and on the parents' notice board; it should be sent home to every family once a term.

2.2 Puddings

- Twice a week we serve a dessert, cake or biscuit which complies with the food standard guidelines (containing no confectionery), a homemade fruit blended yoghurt is served once a week (with a dairy free alternative available) and fruit twice a week. Fruit is available every day as an alternative.

2.3 Meal timings

- lunch is served between 12:00 and 13:30.
- the lunch hall has to be cleared and the floor cleaned by 14:00.

2.4 Reception class lunches

Foundation Stage children eat at 12:00 in their classroom in the first half term and then transition to an earlier lunchtime in the hall for them to get used to the social element of lunchtime. Food is served by members of staff, who will sit at the tables and eat with the children.

3. EATING ENVIRONMENT

3.1 General principles

- the dining room should be a pleasant place to eat.
- children will eat together around a table and at the discretion of the Office staff, visitors including parents are welcomed (2 per sitting), provided they have paid for their lunch.
- every effort will be made to ensure that all children are given sufficient time to eat their lunch (approximately 30 minutes).
- there will be mixed seating for school dinners and packed lunches so that children can sit with their friends, and to minimise queuing.

3.2 Service style

- Kitchen staff and midday supervisors are responsible for:
- making the dining area a clean, pleasant place to eat.
- serving a nutritionally balanced meal to every child and encouraging them to eat it.
- treating children with kindness and courtesy; we provide service with a smile.

4 PACKED LUNCHES (FOR TRIPS)

- Where children who are entitled to a free school meal, are away for lunch on a school trip, the kitchen will provide a packed lunch as an alternative to lunch at school on request, consisting of at least 1 round of sandwiches or suitable alternative; 1 piece of fruit; 1 additional healthy snack; 200ml water or fruit juice.

Parents providing their child with their own packed lunch should adhere to the same healthy standard as we do throughout the rest of the school. Specifically we ask that you do **not** include the following:

- × **Nuts.** We have a number of children in school who are allergic to nuts and, unless we ban nuts altogether, we cannot guarantee their safety.
- × **Chocolate and sweets.** Occasional chocolates at home are lovely. At school they are messy and not the best choice for providing long term energy. Sweets are not appropriate snacks

at school. A biscuit or granola-type bar is acceptable however.

- × **Fried food including crisps.** We appreciate that some crisps are not fried, but we prefer children not to eat crisps as we are not able to monitor which are which. Crisps in packed lunches are at the discretion of parents but we'd advise parents not to send crisps everyday as the fat and salt content is usually very high.
- × **Too much salt or sugar.** To maintain healthy eating, please choose food that benefits their long term physical and dental health. Sugary snacks give a quick energy rush, but whole grains and protein will keep your child going longer.
- × **Drinks.** It is not necessary to provide a drink as water is provided in classrooms, the lunch hall and the playground. Please do not give your children fizzy or sugared drinks.

5 WATER

Soho Parish School recognises that dehydration leads to a range of health problems, as well as affecting children's mood, behaviour and ability to concentrate. Consequently, we ensure that

- fresh water will be available to drink at the table with the children's meals.
- in the classroom every child shall have free access to fresh water. We ask parents to provide water bottles so that they can keep them with them and have access to water at all times, especially during PE lessons.
- on school trips children are provided with a bottle of water if they have a packed lunch from the school kitchen.
- If children choose to have a packed lunch from home, water needs to be provided as part of the packed lunch. No other drink should be packed.

6 MILK

Milk is also provided at lunch and all children are welcome to take a glass of milk instead of / as well as water.

7 FRUIT AT MORNING BREAK

The school is part of the National School Fruit scheme, which entitles all children aged 4-6 to a free piece of fruit every day. The school recognises that children require energy to concentrate for the whole morning and therefore will provide one piece of fruit for every child in Foundation, Years 1&2. Years 3, 4, 5 & 6 are currently provided with a free piece of fruit every day, courtesy of the Parent Staff Association.

8 AFTER-SCHOOL SNACKS

We recognise the need to reinforce our healthy school status in all areas of activities. To this end, any refreshments offered to children attending after school clubs should be consistent with this policy and comply with the requirements of the Healthy Food in School standards. ***If pupils bring their own snacks, these should also comply with Healthy Food in School standards. Please also ensure that no NUTS are brought onto the premises.***

9 FOOD IN THE CURRICULUM

Food and nutrition is a statutory component of Science for all primary school pupils. Other subjects also cover aspects of nutrition:

- PSHE - includes healthy eating
- Religious education – looks at food customs and beliefs
- Physical Education – reviews the energy balance
- Geography – investigating the food chain
- History – understanding the evolution of food in society
- DT – meal planning and design, recipes and food preparation techniques

10 STANDARDS

The school is currently working towards the Healthy Schools Bronze award and works towards meeting & maintaining its targets.

The school was awarded 5/5 stars for hygiene in its most recent inspection (November 2019).

11 EVENTS AT SCHOOL

Soho Parish School hopes to promote a healthy eating ethos and give consistent messages about nutrition during extra-curricular activities and at school events, for example in cooking club.

12 NUTRITIONAL STANDARDS

The menus should meet the School Food Plan guidelines for nutrition as a minimum standard. Detailed guidance is set out in Appendix A.

Appendix A: Nutritional Guidelines for Soho Parish School

General

- salt should not be added to food
- no genetically modified products should be used where possible
- use fair trade or organic products where possible and local suppliers
- avoid hydrogenated fat

Meat, fish and vegetarian sources of protein

- Pork products may be used but a suitable non-pork or vegetarian option should also be available (eg. Turkey salami)
- All meat and fish should be traceable and from animals kept to the highest standards of animal welfare, wherever possible it should be organic and locally sourced
- Fish may be available once a week and oily fish, such as salmon one every 3 weeks.
- Meat and fish dishes with lower levels of saturated fat are preferred, e.g. baked chicken, cottage pies, fish pies, fish with rice or pasta.
- Vegetarian dishes will include a protein source such as beans, pulses, egg, cheese or soya products
- Eggs should be free range and organic whenever possible.

Starchy foods

- starchy foods include bread, potato, pasta, rice, yams, sweet potato, noodles, millet, cornmeal and chapattis, etc
- they should provide approximately one third of the nutritional value of the meal
- potatoes should be cooked using low-fat cooking methods, e.g. baked, boiled, mashed with semi-skimmed milk
- a wholemeal/high fibre option (including wholemeal bread, baked potatoes) should be available every day.

Fruit and vegetables

- a selection of attractively arranged fruit shall be available every day
- freshly cooked vegetables should be available daily as well as a selection of raw foods.
- a selection of attractively presented salads should be available (this may be simple salad vegetables on their own, e.g. carrot or cucumber sticks)
- fruit and vegetables should be seasonal, organic or locally sourced where possible. They should be delivered two/three times a week so that they are as fresh as possible.

Desserts

Twice a week we serve a dessert, cake or biscuit which complies with the food standard guidelines, not containing any confectionery, yoghurt is served once a week (with a dairy free alternative available) and fruit twice a week, but is available every day.

Dairy produce

- good sources of dairy protein include milk, cheese, yoghurt, fromage frais, milkshakes, custard
- milk should be available daily for children in the Foundation Stage

This document shall be reviewed triennially and revised as necessary to comply with legislation and statutory guidelines.

The following documents have been consulted in drafting this policy:

- statutory DfE Standards for school food plan (2015)
- Food in Schools toolkit
- Chefs in Schools Charter