

The Sandon School



FOOD AND NUTRITION POLICY

Last Adoption Date: December 2018

Next Review Date: September 2021

Principles

1. The Sandon School (School) is committed to following the advice and guidance issued by the Department for Education relating to food standards. This will include compliance with all regulations in force or provided in future legislation.

Aims

2. The school aims to:
 - Offer all students, staff, governors and visitors fresh, healthy and nutritious food and drink, other than free drinking water, at an affordable price
 - Promote awareness of food and nutrition (Healthy Eating)
 - Ensure that all procedures and working practices follow this policy
 - Provide pleasant facilities for food consumption
 - Actively promote free school meals to those entitled
 - Provide free cool drinking water
 - Follow when reasonably possible special diets/cultural requirements
 - Regularly monitor the impact of this policy
 - Follow the principles of the food standards
 - Deal effectively with allergies and intolerance to food products

Food Standards

3. The school food standards were introduced in January 2015, There have been subsequent briefing papers. The School will aim to comply with the general principles of:
 - 1 or more portions of vegetables or salad as an accompaniment every day
 - at least 3 different fruits, and 3 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 150mls
 - restricting the amount of added sugars or honey in other drinks to 5%
 - no more than 2 portions a week of food that has been deep fried, batter coated, or breadcrumb coated
 - no more than 2 portions of food which include pastry each week
4. In addition, the School will aim to provide healthy and nutritious food and work within the following guidelines:

Starchy foods

5. These include all bread e.g. chapattis, naan, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.
6. A food from this group shall be available on a daily basis and one or more wholegrain varieties of starchy food each week. Fat or oil will not be used in the cooking process of starchy foods on more than two days in any week.

Fruit and vegetables

7. A variety of fruit and vegetables will be available in both the main hall and the 'Run Inn' on a daily basis. This could include fresh, dried, frozen, canned or juiced varieties. The School aims to provide no less than two portions per day, at least one of which should be salad or vegetables and at least one should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice).

Milk and dairy

8. A portion from this food group will be available every day. Lower fat drinking milk will be available each day.

Meat, fish and other non-dairy sources of protein

9. These include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried), eggs, pulses and beans (other than green beans).
10. A food from this group will be available on a daily basis. A portion of meat or poultry on three or more days per week, oily fish at least once every three weeks and non-dairy protein on three or more days per week.
11. Nuts will, wherever possible, not be used in this School to help eliminate the risk of contamination to students with allergies, although we cannot guarantee that products have not come into contact with nuts or other nut products during their manufacturing process.
12. Manufactured meat products may be served occasionally as part of school lunches; all will meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2014.

Food high in fat, sugar and salt

13. Menus will not contain more than two deep-fried, batter coated or breadcrumb coated items each week. This includes products which are deep-fried in the manufacturing process. We will avoid where possible the need to deep fry foods, and as such do not have any industrial deep fat fryers in School.
14. Table salt will not be made available for general use. The only condiments made available will be in sachets of no more than 10ml.
15. The sale of confectionery bagged savoury snacks or 'fizzy' drinks will not generally take place in School. However, for special events, charity or themed days we may sell a limited amount of confectionery type items.

Drinks

16. Students will have reasonable access to free, fresh drinking water in school. Following guidance, we aim to serve drinking water chilled and five chilled dispensers are available for use in school. The only other drinks available will be those permitted under the food standards.

Using local producers and suppliers

17. We aim, where possible, to use local producers and suppliers. The majority of suppliers are nominated and checked by the Essex Schools Meals Service to which we subscribe. Foods will be checked upon delivery for quality and freshness, and deliveries recorded and where appropriate delivery temperatures taken.

We aim for complete take-up of free school meal entitlement and to increase the overall take up of school meals

18. At this School we have a very high take up of free school meals (over the past 5 years it has averaged over 97%). We will continue to encourage all students, and especially those with a free school meal entitlement, to participate in school meals. We will continue to run schemes and incentives to encourage healthy eating, for example, the end of term healthy eating points' award. We will source, whenever possible, new

products and introduce new dishes to help to provide a varied and an ever evolving menu to increase the selection to all customers and to encourage new ones.

This policy will be well publicised. It will be reviewed at least every three years. It was adopted by the Governing Body on 3 December 2018.