



FOOD AND NUTRITION POLICY

1. Rationale

The Beacon is proud to provide the best education to your children, within available resources. We now wish to extend this ethos by promoting healthy eating patterns to our children at school by refining our pro-active approach to improving the health and well-being of children.

We are now taking the work, already done on food in The Beacon, a stage further by introducing a **Whole School Food Policy**. This policy will cover the following:

- School meals.
- Non-school lunch packs.
- Food provided at the school, other than school meals.
- Healthy eating, as part of the curriculum.
- Extra curriculum activities, such as cookery clubs, etc.

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. 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**.

Responsibility for Food and Nutrition Standards lies with the Executive Headteacher, through the Federation Catering Manager.

2. Aim

Our Aim is to ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.

3. Objectives

3.1 School Lunches: The Beacon and its catering team are wholeheartedly committed to the Government's Nutrition Strategy for School Meals and will abide by the requirements of **School Food Plan published in July 2013**. In doing so, we will actively encourage our pupils to move towards a healthier lifestyle and will ensure that the structure and content of all school menus promotes the wellbeing of everyone we feed. Our Catering Team will work with the School Councils to develop menus that reflect the Government's required Food Nutrition Standards and which help to encourage the children to take a cooked school lunch.

These 'Food And Nutritional Guidelines' follow what we believe to be best practice, drawing on websites such as The School Food Trust, the Food For Life Partnership and the British Nutrition Foundation.

We stand by the principle of 'getting the balance right', which effectively means ensuring pupils eat sufficient fruit and vegetables, protein, fibre and starchy foods, whilst avoiding too much fat, sugar and salt.

Our ultimate goal is to help pupils of all ages enjoy balanced meals, containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit. However, we will ensure our meals are balanced to include the occasional treat! These standards mean that the less healthy food choices, high in fat, salt and sugar have been replaced by more nutritious and low-fat options.

That said; many of the students within The Beacon have a range of developmental, learning, sensory, behavioural, medical and physical needs, which may also impact on their ability to eat and enjoy food and drink in the school environment. The Catering Manager works closely with the Speech and Language Therapist (employed by the PCT to advise the school on feeding) to ensure that menu items meet the needs of all students who have difficulties managing oral eating and drinking.

The safety of students with oral eating and drinking difficulties remains paramount, although every effort is made to ensure that students are offered choices wherever possible, so that they may participate equally in school mealtimes. Adaptations may be made to individual dishes at point of service to ensure correct texture and supplement nutritional needs wherever it is needed. All catering and teaching staff who work with students with oral eating and drinking difficulties have awareness level training in dysphagia. The Catering Manager and some of the kitchen staff at have received direct bespoke training in modifying textures.

Students who have care plans put in place by the Speech and Language Therapist around support for their oral eating and drinking are supported by staff who have received direct bespoke training on their individual needs.

OUR PLEDGE

<p>Fruits and vegetables - these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).</p>	<ul style="list-style-type: none"> ▪ To offer no fewer than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice). ▪ A fruit-based dessert shall be available at least twice per week for our primary aged pupils.
<p>Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans). These foods contain adequate protein supplies for growth and</p>	<ul style="list-style-type: none"> ▪ A food from this group should be available on a daily basis. ▪ Red meat shall be available twice per week. ▪ Fish shall be available once per week. Of that fish, oily fish shall be available at least once every three weeks.

repair. We encourage children to eat more fish containing omega-3 fatty acids, which in turn help to maintain a healthy heart.

- **Red Meat:** Beef, Lamb, Pork, Bacon, Ham
- **White Fish:** Cod • haddock • plaice • coley • halibut • hake
- **Oily Fish:** The definition of an oily fish is one containing omega-3 fatty acids. This includes fresh, canned or frozen salmon, sardines, pilchards, mackerel, herring and fresh or frozen tuna.

NB - Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process. Tinned tuna or white fish with added omega-3 fatty acids do not meet the requirement.

- For the purposes of lunches for registered pupils sources of protein in this group can include dairy sources of protein.

- Small taster portions to introduce pupils to fish dishes they may not have tried before should be used when introducing new dishes. Research shows small tasters are a good way of helping children to accept new or unfamiliar food.

- We offer a variety of red meats, with an emphasis on dishes made from raw ingredients, rather than using bought-in and pre-prepared products. We use lean cuts, we trim meat carefully, we bake rather than fry and we skim fat from casseroles and stews.

Manufactured meat products

- Manufactured meat products may be served occasionally as part of school lunches, provided that they:
 - meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers.
 - are not "economy burgers" as described in the Meat Products (England) Regulations 2003; and
 - contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs,

	<p>rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.</p> <ul style="list-style-type: none"> • A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight and also meets requirements set out in points i-iii: <ul style="list-style-type: none"> • Group 1; burger, hamburger, chopped meat, corned meat; • Group 2: sausage, sausage meat, link, chipolata, luncheon meat. • Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll. • Group 4: Any other shaped or coated meat product.
<p>Starchy foods (also see additional requirement on deep frying below) – Eating non-fatty starchy foods is a key part of a healthy diet and will help to control calorie intake, as fat is a very concentrated source of calories.</p> <p>These include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal</p>	<ul style="list-style-type: none"> ▪ A food from this group should be available on a daily basis. ▪ Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week. ▪ On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available. ▪ In addition, bread should be available on a daily basis. Wherever possible, bread will be freshly baked on site. All types of bread are acceptable as long as they have no added fat or oil. ▪ Examples of Starchy Food Cooked in Fat or Oil: Chips, sauté and roast potatoes • fried rice • chapattis made with fat. We use clean oil that is high in unsaturated fats such as sunflower, rape, soya, olive or a mixed vegetable oil. ▪ Examples of Starchy Food Not Cooked in Fat or Oil: Boiled/steamed plain rice • pasta • noodles • couscous • sweet potatoes • mashed potato • jacket potatoes, new potatoes.
<p>Deep fried products</p> <p>WHAT COUNTS AS DEEP FRIED FOOD?</p>	<ul style="list-style-type: none"> • Meals should not contain more than two deep fried products in a single week. This includes products which are deep-fried in the manufacturing process. <p>GOOD PRACTICE</p>

<p>Any food that is deep fried or flash fried either in the kitchen or in the manufacturing process. This includes:</p> <ul style="list-style-type: none"> • Pre-prepared coated, battered and breaded products such as chicken nuggets, battered fish • fish fingers. • Samosas. • Potato shapes, chips (including oven chips), •potato waffles, potato croquettes. • Spring rolls. • Battered onion rings. • Doughnuts, yum yums. 	<ul style="list-style-type: none"> • We prepare as much food as possible from fresh and avoid deep frying. When frying, we always use clean oil at the right temperature. We use oil that is high in unsaturated fats like sunflower oil, rape, soya or a mixed vegetable oil. • We always ensure that excess fat is well drained off products prior to serving.
<p>Milk and dairy foods -</p> <p>includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard</p>	<ul style="list-style-type: none"> ▪ Milk and dairy foods help maintain good intakes of calcium, protein and riboflavin. ▪ Dairy food will be available at mealtimes every day. ▪ We will look to limit the serving of cheese to no more than once a week as the only vegetarian option. ▪ We will limit the serving of full fat fresh cream with desserts and puddings and replace with crème fraîche, low fat yoghurts or fresh fruit coulis and syrups as an alternative.
<p>Drinks</p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> ▪ Plain water (still or fizzy). ▪ Pure fruit juices. ▪ Milk (skimmed or semi-skimmed). ▪ Yoghurt or milk drinks (with less than 5% added sugar). ▪ Drinks made form combinations of those in bullet points 1 to 4 on this list (e.g. smoothies). ▪ Low calorie hot chocolate. ▪ Tea. ▪ Coffee. <p>NB - Where appropriate we provide other nutrients such as milk, yoghurt or dairy equivalent drinks that address calcium requirements and fruit or vegetable juices that</p>

	<p>provide vitamin C and other important nutrients such as carotenoids.</p> <p>- Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.</p>
Water	<ul style="list-style-type: none"> • Water promotes hydration and has no calories. Easy access to free chilled drinking water will be available to children at all meal times.
Salt and condiments	<ul style="list-style-type: none"> • We keep the use of salt to a minimum at all times and table salt is not to be made available. • If made available, condiments should be pre-portioned and served by kitchen staff.
<p>Confectionery and savoury snacks</p> <p>Confectionery products are all high in sugar and some are also high in fat and do not make a valuable contribution to a child's nutrient intake. Confectionery products contribute to tooth decay.</p>	<ul style="list-style-type: none"> • Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time. • Where possible we limit the amount of confectionery available to children and replace with the following (homemade where possible): <ul style="list-style-type: none"> • Popcorn bags. • Nuts and seeds with no added salt or sugar. • Dried fruit bags. • Tray bakes such as fruity flapjacks, low fat brownies. • Cakes such as carrot cake, banana loaf, malt loaf, beetroot cake. • Fruit muffins. • Apple and other fruit shortbreads. • Cookies and biscuits (offered in moderation).

3.2 School Provided Packed Lunches: These represent a significant feature within The Beacon, therefore it is important to consider the children's requirement to eat the right type of food. We aim to move away from the traditional sandwich, biscuits, juice and fruit packed meal offer and will look to replace some of these items with the following:

- Homemade cookies and cupcakes.
- Homemade muffin, which may include savoury muffins such as cheese and chive.
- Yoghurt, custard and fruit based dessert pots.
- Mini bags of popcorn, dried fruit, rice cakes and corn chips.
- Tray bakes such as flapjacks, brownies etc.
- Savoury tartlets or mini quiches.
- Salad meals in the summer to replace sandwiches.
- Vegetable crudité and snack dipping pots.

Fresh fruit will still be provided in all packed meals as they provide a source of vitamins and trace elements and are ideal for packed lunches or picnics.

3.3 The school and its catering staff will introduce school meal themes days/week, such as:

- Bringing in the harvest
- Potato day
- Bonfire night
- Chinese new year
- International themes
- Make your own meal day with the cook
- Historical themes
- Farm day, etc
- Taster days/evenings for pupils and parents
- Curriculum theme days

3.4 The school will include, as it has in the past and will continue to include, work associated with healthy balanced diets in its curriculum:

As part of the work that children do for sciences, and for personal, social, health and citizenship education (PSHCE), they should be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- Design a menu for school/at home lunch/breakfast/evening meal
- Cost of menus, etc
- Measuring and weighing recipe games
- Have a growing club where vegetables can be grown by the children
- Food on the plate games
- Food in history
- Celebrity eating habits
- Design a healthy menu for your favourite celebrity
- Extra curriculum activities, including:
 - After/In school cookery clubs
 - Caterer's talks about the changes in school meals and nutritional standards
 - Breakfast clubs with cooks and/or volunteers
 - Healthy foods at year discos, camping in the grounds, etc

The school will enlist the help of its school caterer/healthy living co-ordinator or other professional to help promote healthy eating habits. The school will also arrange for advice and assistance about healthy eating issues to be provided to parents, if there is sufficient interest.

3.5 The school will provide information on healthy foods that should be included in Lunch boxes from home

The school recognises the benefits of a well-balanced hot school meal for children, in the middle of the day and would recommend to parents that this as the best option. However, should parents decide to send in a packed lunch from home, please note the following recommended guidelines set out by the British Nutrition Foundation.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), and milk (not flavoured).

Parents are advised to include an ice pack. 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 your child. Although the school provides ambient storage facilities, the school cannot take legal responsibility for foods prepared at home and then brought into school.

3.6 The School will provide a safe and healthy eating environment for pupil, staff and visitors having lunch at midday in the school:

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The school will provide 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:

- All children are required to sit at a table, in order to eat their lunch.
- Children are required to eat all or at least try to eat most of the food provided, either by the school or in their lunch box.
- All litter, from lunch boxes brought in from home, must be taken home at the end of the school day.
- Lunchtime supervisors/Teaching assistants will help any children who have concerns or cause concern during meal time, e.g. children who may have problems eating their lunch, spill or drop their lunch, cannot find a place to sit, do not eat their lunch or skip lunch, etc.
- Children are expected to behave whilst eating their lunches, be polite and helpful.
- If a child has a problem or wishes to leave they should raise their arm and wait until a lunchtime supervisor speaks to them.
- If children are unsure of what the meal, or any meal item, is, they can ask the caterer or supervisory assistant to explain.
- Caterers and supervisory assistants should thank children for using the facilities, as children should thank them for their help and assistance.
- Children leave the area where they have eaten their lunch in a reasonably clean and tidy condition.

Some pupils at The Beacon may have individual programmes to support them with eating their lunch. These programmes or targets support the pupils behaviour and learning, for example, in developing PSHE skills, and may also support OT or SALT programmes. These plans are identified in the pupil's behaviour plan or ICHLP.

However, the school requests the following standards are encouraged wherever possible:

- Where appropriate children are encouraged to sit at a table, in order to eat their lunch.
- Children are encouraged to eat their food, using positive behaviour strategies where needed. This may also include trying new foods.

- Children are encouraged to put their litter or left overs in the appropriate bin.
- TAs will help any children who have concerns or cause concern during meal time.
- Children are encouraged to make choices about their food using appropriate communication methods.
- TAs should model appropriate behaviour at all time, particularly good eating habits, for example, correctly using cutlery and placing rubbish in bins provided.
- Children are supported to leave the area where they have eaten their lunch in a reasonably clean and tidy condition

3.7 The school will Reward pupils for good meal time etiquette and good behaviour

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

- A group of children may be invited each month to sit at a special top table in the dining hall.
- Parents may be invited to join their children for a school meal at a nominal fee.
- Use of social praise and reinforcement.
- Use of individual pupil rewards systems and class reward systems, where appropriate.

UPDATE SCHEDULE

Version	Reviewed	Reason for Update	Next review date	Governor agreement
1	Sept 16	Transfer	Sept 2018	Sept 16