

# Victory Primary school



*Victory for all!*

## **Food Policy**

**October 2023**

## **INTRODUCTION**

At Victory Primary School we understand the importance of healthy eating, oral health and the pupils' education.

Named member of staff leading on healthy food: Emma Beattie and Lisa Hilton

## **FOOD POLICY AIM(S)**

Food and sharing food are an important part of what we do as a school. At Victory we use a type of meal service called Family Service. Family Service ensures that the children sit together at the same time and share their snacks.

Across Year 1 to Year 6, tables of pupils are supported by an adult who works with the children to help them serve their food, encourage them to eat and help them learn to assist with clearing up after their meal.

The menu, which is healthy and nutritionally balanced, is decided and occasionally changed by the School Council and/ or catering company. We will of course cater for vegetarians, have a Halal option and for medical dietary needs or allergies. We are also very happy to work with you and your child to make sure that they are able to eat the food on offer. We know that some children can be fussy, but we are committed to working with you to help your child enjoy a wider range of foods.

We believe eating is more than just 'refueling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school. We are committed to working with you to make lunchtime better for your child, but at Victory lunch time will always be more to us than just food.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches, tuck shops and after school clubs.

For more information please refer to: <http://www.schoolfoodplan.com>

## **Breakfast**

Breakfast is an important meal and should make up a 1/4 of a child's energy requirements and can provide essential vitamins and minerals.

Healthy breakfast options:

- We offer a variety of different fruits and vegetables every day, e.g. fresh fruit, fresh fruit, dried fruit, canned fruit in natural juices and juice;
- A selection of cereals including low sugar, low salt, high fibre alternatives. Mix plain cereal with wholegrain varieties to reduce overall sugar content.
- A variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties.
- Porridge

- Provide different toppings for toast and bread e.g. low fat spread, reduced sugar jam, low fat soft cheese, cooked tomatoes, bananas or beans and eggs.

- Semi-skimmed milk for drinking, with cereal or in smoothies and low fat yoghurt.

### **Snacks**

At Victory we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Governments school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.

KS2 children are allowed to bring their own fruit to school, which is eaten at snack time. Any snacks provided for children by staff are always tooth friendly and any food containing sugar is restricted to mealtimes only and will be provided on a limited basis.

### **School lunches**

Food prepared by the school catering department meets the national school food based standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback. The school council make suggestions regularly, to ensure that the meals reflect on the needs of the pupils.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

### **Packed lunches**

If children have special dietary needs, parents will be asked to provide healthy well-balanced packed lunches and have been sent advice on how to ensure they are.

Preparing a balanced child's lunchbox, include:-

- Starchy foods – these are bread, rice, potatoes, pasta and others
- Protein foods – including meat, fish, eggs, beans and others
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad and a portion of fruit
- A healthy drink such as water, milk or 100% fruit juice

INCLUDE:
<ul style="list-style-type: none"> <li>- Minimum of 1 portion of fruit and 1 portion of vegetables everyday</li> <li>- Meat/ fish eggs and non-dairy protein e.g. pulses everyday</li> <li>- Oily fish at least once every few weeks</li> <li>- Starchy food such as bread, pasta, rice, potatoes</li> <li>- A dairy product milk, cheese and yoghurt</li> <li>- Water or milk (semi-skimmed or skimmed).</li> </ul>
LIMIT:
<ul style="list-style-type: none"> <li>- Meat products sausage rolls, pies, sausages etc</li> <li>- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</li> <li>- Fruit juice 150mls per day</li> </ul>
DO NOT INCLUDE
<ul style="list-style-type: none"> <li>- Salty snacks such as crisps nuts etc</li> <li>- Sweets and chocolate</li> <li>- Sugary soft drinks</li> </ul>

### **Drinks**

Water is available for all pupils throughout the day, free of charge. Milk is available for EYFS children at least once a day.

### **School events**

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

### **Birthdays and other special celebrations**

Celebrating children's birthdays with cake is not encouraged in school time. If parents wish to share cake with their child's classmates, these are distributed at home time and eaten outside of school hours.

### **Cooking and food education in the curriculum**

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS3. To achieve this, Victory Primary School:-

- Ensure food and nutrition is taught at an appropriate level throughout each key stage.
- Identify food and nutrition links to different subject areas.
- Addressed through different teaching methods; leading by example, staff training, visitors to the classroom, resources etc.
- Monitoring of the pupils learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms. The school nurse delivers sessions on living a healthy lifestyle and the dentist visits annually to talk about oral health.

### **Extra-curricular activities**

We offer clubs that provide continued learning around leading a healthy lifestyle for example gardening club, multi-sports club and dance club.

### **Special Dietary Requirements**

Victory Primary School is aware of all food allergies/intolerances and other dietary requirements of the children. These include:-

- Religious and ethnic groups
- Vegetarians and vegans
- Food allergy and intolerance

Food allergies reported by parents are documented in our medical register and shared with our catering company. We offer a vegetarian and Halal option for every meal

### **Dining experience**

Children are served their meals, then can sit in their year groups, at the tables in a family style setting enabling them to eat and converse with their peers.

### **Food Safety**

Victory Primary School has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified.

### **SHARING THE POLICY**

This policy is available to all staff via a shared drive and to parents through the school website.

Reviewed October 2023

Next Review October 2024