

Reviewed: March 2024

Next Review: March 2027

Author: Mrs H Bunker

Whole School Food Policy

At Hudson Road Primary School, we recognise to grow and stay healthy, children need to eat a nutritionally well-balanced diet. Schools are an influential setting and can contribute significantly to improving the health and well-being of pupils. Additionally, we recognise that eating together is a fundamental experience and that it is an excellent activity for being sociable and building friendships.

Aims

At Hudson Road School we aim to:

- Improve the health of our school community by influencing their eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure the food is prepared hygienically.
- To provide access to tasty nutritious food and an easily available water supply throughout the school day.
- To increase the pupils' knowledge of where their food comes from, food production, manufacturing, distribution and marketing and how these impact upon their own lives and the environment.
- To ensure that the food provision in school reflects the ethical and medical needs of staff and pupils.
- To make the provision and consumption of food an enjoyable and safe experience.
- To make food eaten in school a social experience.

Objectives

We work towards these aims in lessons through shared eating times and through social and pastoral activities and family learning.

Curriculum

Within the PSHE curriculum and the wider curriculum, healthy eating, food safety and an understanding of where food comes from is taught. Where possible, this will also be linked with other curriculum areas. For example;

- English – Writing instructions – menus, recipes and food themed stories.
- Mathematics – Weighing and measuring.
- Science – Healthy bodies, food groups, how plants grow, micro-organisms.

- Geography – Where our food is grown.
- History – What people used to eat – link with Tudors, Victorians etc.
- Art – Drawing and printing with fruit and vegetables.
- D&T – Food technology.

Opportunities to extend the curriculum will be made through

- Family learning cookery
- Curriculum kitchen through the County Trust
- The LAF programme
- Visitors – cooking demonstrations
- Breakfast Club

Snacks at Breaktime

In the Early Years (nursery and reception) and in Key Stage 1 (Years 1 and 2), children are given allocated time for sharing the NHS funded fruit and vegetables in KS1. All pupils are encouraged to take and try the fruit and vegetables available during break time. Key Stage 2 children are welcome to bring in a piece of fruit in from home to eat at breaktime each day.

Lunchtime (Eating Together)

School dinners

At Hudson Road, we use the digital school meals pre-order system Evolve. This allows parents / carers to order their child's meals from the comfort of their own home using a Laptop, PC, Smartphone or Tablet and will bring the following benefits:

- It ensures every child gets their meal of choice
- It allows parents / carers to discuss menu choices with their child
- It provides additional measures to safeguard children with allergies, intolerances or medical conditions
- It will speed up the lunchtime service, reducing queues and giving children more time to enjoy lunchtime activities with their friends
- It will reduce food waste, which is good for the environment and also helps to manage the cost of schools
- It will encourage more children to take school meals, which again helps with the management of school meal cost
- It provides an additional opportunity for children to engage with digital technology

The ordering should be done in the week before service. So, orders for the following week's meals must be in the system by 12 noon on the Tuesday before service on Monday. If a child's meal has not been ordered, then the child will receive a default option, such as a filled baked potato. There will never be an occasion when a child is not fed.

Packed lunch

At Hudson Road, we promote a whole school approach to food and healthy eating. Children's packed lunches should be based on the 'Eatwell Plate' model which shows items from the 5 main food groups; (Food Standards Agency 2007).

1. Bread, Rice, Potatoes, Pasta

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions.

2. Fruit and Vegetables

These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more.

3. Milk and Dairy foods

These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch.

4. Meat, Fish, Eggs, Beans

These foods provide protein for growth. Packed lunches should include 1 portion of these foods.

5. Foods and drinks high in fat and / or sugar

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. This is why sweets, chocolate, toffee/salted popcorn, squash and fizzy drinks are only available as a treat in schools. Please support your school by not including these items in a packed lunch. There is no need for parents to supply any drinks for children. School provide fresh drinking water for all children throughout the school day as well as lunch time.

Health and Safety

It is part of our normal school procedure that the children will be reminded to wash their hands, after using the toilet and before eating. The only drink permitted in classrooms and in different areas of the school is water. Milk or water are available in the lunch hall. Food will be stored in appropriate places and parents will be reminded that the packed lunches have to be stored in or outside the classrooms, so it is best to use cool packs in warm weather. All staff and parents involved in the preparation of food will be aware of food safety and hygiene. Parents should keep the school informed if there are food allergies or food related problems concerning their child. The school will provide parents with information about food in schools, healthy lunch boxes etc. No drinks, other than those in a packed lunch, are to be brought to school. Water is supplied within each classroom.

Monitoring and Evaluation

The school will carry out monitoring of packed lunch provision. Where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, this can be dealt with sensitively. In most cases, staff will speak to the child's parents that day.