



## Whole-School Food Policy A Summary for Parents/Carers

Our Policy, which complies with advice from the School Food Trust and the Local Authority *Healthy Schools* team, applies to all meals and snacks provided for children at Warrender School. This includes:

- Packed lunches provided by parents/carers, or by our caterers;
- Any other food offered by the school or by our Extended School providers.

In addition to meals provided for children, we expect all adults – staff, volunteers and visitors – to comply with this policy when eating with children.

### Policy Aims:

- To ensure that all food offered to children during the school day, whether from home or catered – is nutritious
- To educate children in relation to healthy eating and food choices
- To provide information and guidance on healthy packed lunch options for children
- To ensure that children are well fed and hydrated
- To educate children on the health benefits of effective hydration, including encouraging the use of water bottles at school

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. They become mandatory in all maintained schools, new academies and free schools from January 2015. 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 – Provided by our extended school provision

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 include:

- A variety of different fruits and vegetables every day, e.g. 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 the overall sugar content
- A variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties
- Porridge oats
- 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

### Break Snacks

Children may eat a fruit/vegetable/milk snack at 10:45am morning break. Our school provides a milk scheme that is available to all of our pupils. Cool Milk is free for children under 5 and offered at a subsidised price to pupils over 5. Each child that registers to receive Cool Milk will receive a 189ml portion of semi-skimmed milk every day. Their school milk will not only provide them with essential nutrients, but as it is rehydrating and energy boosting it also bridges the gap between breakfast and



lunch to help children stay focused. For more information on how milk can benefit children visit [www.coolmilk.com/why-milk-is-great](http://www.coolmilk.com/why-milk-is-great)

In EYFS and KS1, children are offered a free piece of fruit through the government funded fruit and vegetable scheme (SFVS) such as bananas, pears, apples or carrots. Alternatively children may bring in a piece of fruit, vegetable or dried fruit for break time.

Fruit snacks should **not** include:

- Cereal bars
- Protein bar
- Snack bars

## Hot/Cooked School Meals

HCL Catering Company currently provide hot/cooked school meals at Warrender Primary School. The Mayor of London has introduced free school meals to all primary school aged children until July 2025. Menus are published online via HCL Catering Company where parents/carers can place and manage school meals orders. The weekly menus are displayed in school. Warrender Primary School operate a electronic sign in system for lunch time to ensure children receive the meals they have ordered.

## Packed lunches

Please see below examples of what to and what not to include in a healthy packed lunch

### Try to include

- A minimum of 1 portion of fruit and 1 portion of vegetables everyday – carrots, cucumber, apple, orange, banana, dried fruit, mini tomatoes, mango etc.
- Meat/fish/eggs and non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, falafel etc.
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes
- A dairy or dairy alternative product such as milk, cheese or yoghurt
- Water or milk (semi-skimmed or skimmed)

### Occasionally

- Cakes and biscuits could be enjoyed as part of a meal occasionally but not as a snack
- Fruit juice maximum daily recommended consumption - 150mls per day
- High fat products such as sausage rolls, pies, sausages, samosas and bhajis

### Please do not include

- Salty snacks
- Nuts- We are a nut free school!
- High-fat and/or high-sugar sandwich fillings, such as chocolate spread, biscuit spread or jam;
- Sweets and chocolate bars
- Sugary soft drinks and fizzy drink

Alternative suggestions to crisps could include:

- Savoury crackers or breadsticks served with a dip such as houmous
- Fruits (fresh or dried) and vegetables
- Seeds



Alternative suggestions to chocolate bars and sweets could include:

- Sugar free jellies with fruit
- Yoghurt (in a tube, for example)

*We are unable to refrigerate lunches, so please use ice blocks, if needed. Please provide any necessary cutlery and/or utensils (e.g. a spoon for yoghurt).*

## Special diets and allergies

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

Warrender is aware of all food allergies/intolerances and other dietary requirements of the children. We offer a vegetarian option for every meal alongside various main meal options. HCL should be made aware directly by parents/carers of any dietary/food allergy/intolerance requirements via the online portal - Citrus. It is the responsibility of parents to ensure the correct allergy information is provided to both school and HCL.

To safeguard children with severe nut allergies, please **do not include nuts or nut products** (including peanut butter and hazelnut chocolate spread) in children's packed lunches. We recognise that, for individual medical reasons, some children may require special diets that do not allow for these requirements set out in this policy to be met. In such circumstances, parents / carers will remain responsible for ensuring that packed lunches are as healthy as reasonably possible: they have the responsibility to discuss any questions and/or concerns with the school. Children are not permitted to swap food items.

## School Trips

All children have the option to be provided with a nutritious packed lunch from the catering provider if they are not on the school site for lunch. Parents/Carers choose options online via HCL Catering Company. If children are on a residential trip, alternative provision is sought.

## Rewards and treats

We do not allow sweets, chocolates and/or other unhealthy foods to be provided as treats or rewards. Children are not allowed to offer food items to their class peers, or wider school community, to commemorate special occasions (birthdays, etc.)

## Cooking and Education

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for primary school aged children

- 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 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
- Teaching of 'healthy eating' as part of our PSHE curriculum.

## Food Safety



# Warrender Primary School

2024  
-  
2026

Warrender has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified. We currently hold a 5 star food hygiene rating from the Food Standards Agency.

## **Further Information**

For further information about healthy eating, please visit: <http://www.childrensfoodtrust.org.uk>