



# **St Thomas More Catholic Primary School**

## **Food Policy**

In the development of this policy consideration has been given to the impact on protected characteristics under the Equality Act and the work life balance of employees.

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## **School Food Policy**

### **Mission Statement**

We will provide good quality, affordable, healthy food in school whilst respecting the environment. We will encourage all food brought into school to be good quality and healthy too. Through education, we will equip pupils and their families with ways to maintain healthy eating habits.

### **Our Goals**

The school recognises the important role that healthy food and drink in a pleasant dining environment plays in the good health and learning potential of our pupils. The school makes healthy school lunches and dining experience a priority.

Food provided by the school at any time is healthy and nutritious. Food education plays a fundamental part in our curriculum. Staff are well equipped to educate our pupils about food.

The whole school community are consulted and updated on school food issues.  
We have increased the confidence in school food and are increasing our school meal uptake.

### **Lunchtimes**

A nutritious and tasty meal will be available to pupils and staff at lunchtimes in a pleasant environment.

We will achieve this by:

- achieving the Food for Life Bronze Award and it's targets of 75% freshly prepared food, considering the dietary requirements of all pupils and addressing issues of seasonality, animal welfare and sustainable fishing.
- ensuring lunchtime supervisors are well trained and managed.

- providing food of consistent nutritional quality at lunchtimes which as a minimum meets the current Government's food regulations.
- providing an enjoyable lunchtime experience and environment.
- ensuring that reception pupils, and other pupils who may require it, receive extra support in the dining room to allow them to feel confident at lunchtimes.
- involving parents and guardians in an ongoing healthy packed lunch campaign with suggestions and promotion of what a healthy lunchbox looks like.
- offering extra support and guidance to families on the benefits of healthy eating if appropriate.

## **Drinks**

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration.

We will achieve this by:

- providing pupils with access to free drinking water throughout the day. The consumption of water is encouraged regularly by classroom staff in classrooms (at least once in the morning and once in the afternoon) and by lunchtime supervisors at lunchtimes.
- ensuring that when other drinks are provided by school, they should be fruit or vegetable juices, milk or milk/yoghurt based drinks. Drinks provided by school should not contain added sugars or sweeteners.
- when pupils bring drinks into school we will encourage them to bring similarly healthy drinks.

## **Breakfast Club**

Food provided at breakfast times will be similarly nutritious.

We will achieve this by:

- setting our standards for breakfast as high as at lunchtimes. An ideal school breakfast should consist of one portion of fruit (this can be fruit juice), some form of complex/wholegrain carbohydrate, some dairy produce and be low in sugar and salt.
- pupils will be able to enjoy their breakfast in a pleasant environment seated at a table whilst chatting to their friends.

### **Break Time Snacks**

Pupils will be allowed the opportunity to purchase a healthy drink and/or snack at morning break time.

We will do this by:

- Offering fruit to buy at break time
- Encouraging healthy snacks only to be brought in for break time from home<sup>[1]</sup><sub>SEP</sub>

### **School Trips**

Pupils will be encouraged to bring a healthy packed lunch along on school trips.

We will achieve this by:

Promoting healthy packed lunch in the school trip letter sent out to parents.

### **Learning**

A well planned curriculum, including practical sessions, that covers nutrition, food hygiene and ethical food production will be provided.

We will achieve this by:

- helping pupils to understand the importance of a well balanced diet.
- giving pupils the opportunity to plan, prepare and cook healthy, tasty meals.
- giving pupils the opportunity to learn about the growing and farming of food and its impact on the environment.
- encouraging pupils to eat and cook with vegetables that they have grown at home and/or within school.

# Packed Lunch Guidance

Eating healthily at school is very important  
Children need to eat healthy foods to give them the energy and nutrients to grow and develop, be active and ready to learn.  
A healthy, enjoyable lunch gives children the energy they need to learn and play at school.

Here are some useful tips to help make your child a healthier packed lunch.

**Please support the school's food policy by following these guidelines**

## Top Tip

Keep it simple, just 3 or 4 items is more than enough.  
Putting too much food in a lunch box means your child could miss out on fresh air and exercise during the lunch break

**Try to include 1 item from each other the food group in your child's lunchbox, i.e. a sandwich with meat and salad, fruit and a yogurt**

**Starchy Foods** – fuels your brain and body. Wholegrain/high fibre varieties help the digestive system

★ Bread                                      ★ Potatoes                                      ★ Rice and grains                                      ★ Pasta

**Meat and Alternatives** - builds muscles and provide minerals

★ Chicken                                      ★ Turkey                                      ★ Ham                                      ★ Beef  
★ Cheese                                      ★ Egg (i.e. quiche/omelette)                                      ★ Houmous                                      ★ Quorn  
★ Fish                                      ★ Salami                                      ★ Bean salad                                      ★ Dhal

**Milk and Dairy Foods** - calcium for strong bones and teeth, protein and vitamins

★ Milk                                      ★ Fromage frais                                      ★ Yoghurt                                      ★ Drinking yogurt

**Fruit** - full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy

★ Apple                                      ★ Banana                                      ★ Pear                                      ★ Orange  
★ Melon                                      ★ Grapes                                      ★ Raisins                                      ★ Dried Apricots

**Vegetables** - full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy

★ Mixed salad                                      ★ Tomatoes                                      ★ Lettuce                                      ★ Cucumber  
★ Celery                                      ★ Sugar snap peas                                      ★ Mini sweetcorn                                      ★ Roast vegetables

**Drinks** - helps children to concentrate and feel well

★ Water                                      ★ Milk                                      ★ Fruit Juice                                      ★ Smoothie

**Snacks and Confectionery** - can cause excessive weight and may lead to heart disease and cancers.

**No chocolate, sweets or fizzy drinks** - they cause tooth decay

**Do not include jam or sweet spreads** - they cause tooth decay

Do not include LENTIL based foods or snacks – we have children with airborne allergy to lentils

**Do not include chocolate spread or peanut butter as our school is NUT FREE** – we have children in school with severe NUT allergies

### **Practical Tips for a Healthy Lunchbox**

★ Vary the contents of the lunchbox so your child is getting the variety of nutrients their bodies need to function and grow.

★ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.

- ★ Drinks are the most expensive part of a lunchbox so keep costs down by freezing a bottle of water. It keeps the lunchbox cool and provides a refreshing drink.
- ★ Use seasonal fresh fruit and vegetables to cut costs, help the environment and enjoy variety!
- ★ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- ★ If your child refuses to eat brown bread, try a 50/50 variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- ★ For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ★ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ★ Make a lower-fat salad dressing by mixing dressing with some low-fat yoghurt or semi skimmed milk.
- ★ Make use of leftovers; for example, rice and curry, pasta and sauce, potato salad. (not lentil based)
- ★ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.

**For more information and advice go to:**

★ [www.eatwell.gov.uk](http://www.eatwell.gov.uk)

★ [www.schoolfoodtrust.org.uk/packedlunches](http://www.schoolfoodtrust.org.uk/packedlunches)

★ <http://www.nhs.uk/change4life>

