



Reviewed by Staff: October 2024  
Reviewed by Governors: October 2024

# Brookland Junior School

## Whole School Food Policy

### **Aim and Objectives:**

At Brookland Junior School, we acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports, and is supported by, the provision and opportunities for eating and drinking within school. We hold regular Healthy Schools focus weeks to reinforce the messages and children's understanding of a healthy lifestyle and diet.

We understand that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships, and inter-generational bonds.

The principles of this policy incorporate those outlined in The School Food Plan - <http://www.schoolfoodplan.com/>

The nutritional principles of this policy are based on the School Food Standards - <http://www.schoolfoodplan.com/standards/>

### **1. Legal framework**

1.1. This policy has due regard to all relevant legislation including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Safety Act 1990
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Products Containing Meat etc. (England) Regulations 2014

1.2. This policy operates in conjunction with the following non-statutory guidance:

- DfE (2019) 'School food in England'
- The School Food Plan (2014) 'School Food Standards: A practical guide for schools, their cooks and caterers'

## **2. Roles and responsibilities**

2.1. The governing body is responsible for:

- The provision of school food at Brookland Junior School.
- Ensuring procedures are in place to provide school lunch for pupils where a meal is requested and the pupil is eligible for free school meals, or it would not be unreasonable for lunches to be provided.
- Deciding on the form that school lunches take, and ensuring that all lunches, and any other food or drink, meets the school food standards.
- Providing hot lunches, wherever possible, to ensure that all pupils are able to eat one hot meal a day.
- Providing free school meals to a pupil if the pupil and/or their parent meets the eligibility criteria within the Education Act 1996.
- Ensuring that all drinking water is provided free of charge at all times.
- Ensuring that all facilities provided to eat any food that pupils bring into school are free of charge.
- Providing facilities to eat food, which include accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Receiving regular reports on compliance with the school food standards and the take-up of school lunches, as well as the financial aspects of school food provision.
- Ensuring that there is coordination across all catering services sought by the school, in order to guarantee compliance with school food standards.

## **3. Current food-based standards for school lunches**

3.1. **Starchy food:**

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
- Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
- A type of bread with no added fat or oil will be available every day.

3.2. **Fruit and vegetables:**

- One or more portions of vegetables (all types) will be available every day.
- Three or more different types of vegetables will be provided each week.
- One or more portions of fruit (all types) will be available every day.

- Three or more different types of fruit will be provided each week.
- A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.

### **3.3. Meat, fish, eggs, beans and other non-dairy sources of protein:**

- A portion of meat, fish, eggs, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week.
- Oily fish will be provided once or more every three weeks.
- A portion of non-dairy sources of protein will be provided on three or more days every week.

### **3.4. Milk and dairy:**

- A portion of cheese, yoghurt, fromage frais or custard will be provided every day.

### **3.5. Food high in fat, sugar and salt:**

- Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school lunches.

## **4. Food provided as part of a school lunch or otherwise**

- 4.1. Starchy food, as outlined in section 3.1 of this policy, which is cooked in fat or oil, will not be provided on more than two days each week.
- 4.2. A meat or poultry product (manufactured or homemade and meeting the legal requirements) will be provided no more than once a week.
- 4.3. No meat will be provided if it contains any carcass parts, in accordance with The Products Containing Meat etc. (England) Regulations 2014.
- 4.4. No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.
- 4.5. No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated will be provided each week.
- 4.6. No more than two portions of food which include pastry will be provided each week.

- 4.7. No snacks other than vegetables and fruit with no added salt, sugar or fat will be provided. Where dried food is provided, it will have no more than 0.5 percent vegetable oil as a glazing agent.
- 4.8. Confectionery will not be provided.
- 4.9. Salt will not be available to add to food after the cooking process is complete.
- 4.10. Condiments will only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.
- 4.11. The only drinks that will be provided are as follows:
- Plain water (still or carbonated)
  - Lower-fat milk or lactose-reduced milk

## **5. Food provided otherwise than as part of a school lunch (also refer to section 7 - exceptions)**

### **5.1. Breakfast**

Breakfast is an important meal and should make up a 1/4 of energy requirements while also providing essential vitamins and minerals. At our breakfast club, we ensure that we:

- offer a variety of different fruits and vegetables every day, e.g. fruit pots, fresh fruit and juice;
- limit the number of times that sugar-coated cereals are available to once a week/fortnight;
- use a variety of different types of bread for sandwiches, toast and toasties, including wholegrain varieties;
- provide different toppings for toast and bread, e.g. low fat spread, reduced sugar jam.

### **5.6 Snacks**

Snacks play an important part of the diet of young people and can contribute positively towards a balanced diet. All children bring snacks in from home. Information and ongoing education is provided to each family on how to ensure that healthy snacks form part of each child's daily food intake. Newsletters, booklets, class discussions and healthy food rewards are some of our strategies for communicating the need for healthy snacks.

### **5.7 Packed lunches**

Parents & young people are encouraged to provide healthy well-balanced packed lunches and each parent is provided with a packed lunch guide to help them with their food choices.

Lunchboxes should 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.

<b>INCLUDE:</b>
<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>

<b>LIMIT:</b>
<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>

<b>DO NOT INCLUDE</b>
<ul style="list-style-type: none"> <li>- Salty snacks such as crisps etc</li> <li>- Sweets and chocolate</li> <li>- Sugary soft drinks</li> </ul>

Children's eating is monitored by the lunchtime staff whilst the children are eating in the dining hall. Children are asked to take home all food that has not been eaten to allow parents to monitor their child's consumption. Parents are encouraged to report any concerns to their class teacher and likewise teachers may discuss any concerns or issues with parents.

When eating lunch, we expect our children to follow these rules:

- All children wash their hands before entering the dining hall.
- All children are required to sit for a reasonable time, in order to eat their lunch.
- Children are required to at least try to eat most of the food provided, either by the school or in their lunch box.
- All remains from lunch boxes brought in from home must be taken home at the end of the school day.
- Lunchtime supervisors 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, or have difficulty opening yoghurts etc.
- Children should be polite and remember to say please thank you.
- Once finished, children empty any leftover food into the designated area, put their used cutlery into the basket and stack their trays. They empty their leftover drinking water into the bucket and put their cups into the bowl.

## 6. Portion sizes and food groups

6.1. The school will use the following portion sizes and food groups for school lunches, in accordance with The School Food Plan's 'School Food Standards: A practical guide for schools their cooks and caterers' guidance document.

### 6.2. Starchy foods

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Bread	N/A	(50-70g) <ul style="list-style-type: none"> <li>• 1-2 slices of medium bread</li> <li>• 1 small roll</li> <li>• 1 small or ½ large bagel</li> <li>• 1 small pitta</li> <li>• 2 6-inch wraps</li> <li>• 1 10-inch wrap</li> </ul>
Potatoes or sweet potatoes	Raw	120-170g
Jacket and baked potatoes	Raw	200-280g
Other starchy root vegetables, e.g. yam and plantain	Raw	100-150g
Pasta and noodles	Dried	45-65g
Rice	Dried	33-55g
Other grains, e.g. cornmeal and couscous	Dried	40-60g
Potatoes cooked in oil or fat	Raw	70-100g
Garlic bread	N/A	20g (1 slice)

### 6.3. Fruit and vegetables

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Vegetables or mixed salad	Raw	40-60g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach and spring greens	Cooked	40-60g (1-2 tablespoons)
Pulses, including lentils, kidney beans,	Dried	15-20g

chickpeas	Cooked	40-60g (1-2 tablespoons)
Baked beans in tomato sauce	Cooked	50-70g (1-2 tablespoons)
Vegetable-based soup	Cooked	200-250g
Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g (1 small sized fruit with skin)
Medium-size fruit, e.g. satsumas, plums, apricots, tangerines, kiwis	Raw	50-100g (1fruit with skin)
Small fruit, e.g. strawberries, raspberries, grapes	Raw	40-60g (10-15 fruits)
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g (½-1 tablespoon)
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (2-3 tablespoons)

#### 6.4. Meat, fish, eggs, beans and other non-dairy sources of protein

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Roast red meat including beef, lamb, pork, veal, venison and goat	Raw	50-80g
Roast poultry including chicken, turkey, duck and other dishes made from these products	Raw	60-85g
Roast meat or poultry in dishes, e.g. casseroles and pies	Raw	50-75g
Meat-based soup	Cooked	200-250g
White fish, e.g. pollock, haddock and cod, which is cooked alone or in a dish	Raw	60-90g
Oily fish, e.g. salmon, sardines and mackerel	Raw	55-80g
Fish or shellfish, e.g. tuna, salmon, mackerel and prawns, which is served in a salad, baked potato or sandwich	Cooked	50-70g
Breaded or battered fish, e.g. fish fingers, fish cakes	Cooked	55-80g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg
Meat alternatives made from soya beans, e.g. tofu	Cooked	50-70g
Pulses, e.g. beans, chickpeas, lentils	Raw	20-25g

	Cooked	50-60g (1-2 heaped tablespoons)
Vegetarian sausages, burgers and cutlets	Raw/cooked	50-70g
Sausages made from beef, lamb or pork	Raw	50-75g (1 sausage)
Burgers	Raw	55-80g
Scotch pies, bridies, sausage rolls, etc.	Cooked	80g
Breaded or battered shaped chicken and turkey products, e.g. nuggets	Cooked	50-70g

### 6.5. Milk and dairy

Food type	Primary-aged pupils (aged 4-10)
Lower-fat drinking milk	150-200mls
Milk puddings and whips made with milk	100-120g
Custard made with milk	80-100g
Yoghurts	80-120g
Cheese	20-30g

### 6.6. Foods high in fat, sugar and salt

Food type	Primary-aged pupils (aged 4-10)
Fruit pies, sponge puddings or crumbles	80-100g
Fruit jelly (portion size excludes fruit)	80-100g
Cakes, tray bakes, muffins, scones, doughnuts	40-50g
Biscuits and flapjack	25-30g
Ice cream	60-80g
Pizza base	50-70g
Gravy	20-30g (1 tablespoon)
Savoury crackers, bread sticks	10-15g (1-2 crackers)
Condiments	No more than 10g, or 1 teaspoonful

## 6.7. Healthier drinks

Brookland Junior School is a water only school, with the exception of milk available during lunch. The drink list below is the Food Regulation advice.

Drink type	Primary-aged pupils (aged 4-10)
Fruit or vegetable juice	150mls
Drinking milk	150-200mls
Combination drinks, e.g. fruit juice, flavoured milk	330mls

## 7. Exemptions to the school food regulations

7.1. The Requirements for School Food Regulations 2014 do not apply to food that is provided:

- At parties or celebrations to mark religious or cultural occasions.
- At occasional fund-raising events.
- For use in teaching in food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.
- On an occasional basis by parents or pupils as agreed with the school.

## 8. Food Allergies and Intolerances

Brookland Junior School is aware of all food allergies/intolerances and other dietary requirements of the children in our school. The following procedures are in place to manage these:

- Photographs and names of each child with allergies are displayed for all the catering team and staff members. Each child's specific allergies are listed as well as possible severity of reaction. If a child has an epi-pen, this is also listed.
- The school works closely with the catering company to ensure that the needs of pupils with allergies/intolerances are met and that they are able to, where practicable, have a hot lunch with their peers.
- All MTS, administrative and teaching staff have undergone epi-pen training.
- A list and example of the food served each day is displayed and possible allergens listed.
- Religious and ethnic dietary requirements are respected. For example, we serve no pork products.
- There are always vegetarian options available as part of the hot meal.

## **9. Healthy eating statement**

9.1. The school will use healthier cooking methods to contribute to healthy eating, such as the following:

- Using less fat in cooking
- Baking foods rather than frying them
- Increasing use of fats/oils that are high in polyunsaturated fats
- Reducing use of sugar in recipes
- Avoiding using additional salt in cooking processes
- Increasing the use of food items containing high amounts of fibre

9.2. All menus created will be in accordance with the nutritional standards outlined in section 3 of this policy.

9.3. The school will encourage pupils to adopt healthy lifestyles, both through a nutritious diet and regular exercise, during assemblies, PE lessons and personal, social and health education (PSHE).

## **10. Catering service standards**

10.1. Menus will be clearly displayed and, where possible, will contain nutritional information.

10.2. Menus will adhere to statutory nutritional standards.

10.3. Menus will reflect parents' and pupils' preferences, cultural, religious and special dietary needs.

10.4. Parents' and pupils' feedback will be encouraged and, where possible, changes made to increase customer satisfaction.

10.5. The kitchen and serving areas will be kept clean and tidy at all times, both before, during and after preparation and cooking, in accordance with The Food Safety (General Food Hygiene) Regulations 1995 (as amended).

10.6. The catering team will be suitably trained and will have an appropriate recognised qualification in food hygiene.

10.7. The catering team will be clean and tidy in appearance and will be courteous to all pupils, staff and parents.

10.8. The catering team will adhere to the service times, start and finish, agreed by the headteacher.

10.9. Service times will be displayed and the service will always commence on time.

10.10. Pupils entitled to free school meals will be treated with sensitivity.

## **11. Purchasing food**

- 11.1. All food items are purchased from reputable suppliers to ensure compliance with quality standard and food is sourced according to these standards.
- 11.2. The school places stringent contractual demands on catering suppliers in support of legislative requirements and favourable trade operating practices.
- 11.3. All food products and ingredients are checked for acceptability, i.e. nutritional specifications, genetically modified organism requirements and ingredients.
- 11.4. All products identified as acceptable for inclusion in our range are compared for ingredient and nutritional value against set specification criteria before being incorporated into the menus.
- 11.5. The school continues to place emphasis on customer response to new products; throughout this process, the school will liaise and consult with the school community, including parents, to ensure acceptable quality.

## **12. Monitoring and review**

- 12.1. This policy will be reviewed by the headteacher and governing body, or in light of any changes to relevant legislation.

Any changes made to this policy will be communicated to catering providers and parents, where necessary.