

Fakenham Primary Federation Food Policy

The schools are dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education.

Aims

The main aims of our school food policy are:

1. To provide and encourage a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. To support pupils to make healthy food choices and be better prepared to learn and achieve.
3. To ensure a consistent approach to healthy eating across the federation community including pupils, staff and parents/carers.

Food throughout the school day

1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The Federation runs a daily before school care facility where food is not provided however children can bring in fruit or healthy breakfast alternatives to eat. The care for pupils is from 7.30am – 8.35am.

2. School Lunches

School meals are provided by external catering providers, Edwards and Blake at FINS / Norse at FJS and are served in the dining halls. The school meals meet the mandatory requirements of the School Food Standards 2015. It is the responsibility of the caterers to ensure the standards are reached.

School meals are planned on a 3-week cycle and always contain various options including vegetarian. Dietary requirements can be catered for but the providers would need information and notice to provide some menus. The school meals menu can be found on our school websites.

3. Packed Lunches

We encourage all children to have a school meal especially those in receipt of universal free school meals at FINS and Free school meals at FJS. Parents can, however, choose to send their child with a packed lunch.

The Federation packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel

Packed lunches **should not** include:

- Sweets or Chocolate bars
- Fizzy drinks
- Chocolate yoghurts or desserts
- Chocolate spreads (due to the high number on the market containing nuts)

Parents may include **one small** cake or biscuit based item which may include chocolate. We do urge parents to see this as an occasional treat.

The schools provide water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink. Where parents do provide a drink, it should be low sugar content and not fizzy.

4. Snacks

The schools understand that healthy snacks can be an important part of the diet of young people. At FINS, in the Early Years (and KS1), snacks (fruit and vegetables) are provided during the morning. KS2 pupils at FJS are able to bring fruit or vegetables to eat at break-times.

After school snacks are provided by the school

FINS run an After-School Care Club and will provide a small snack for pupils staying until 5pm.

5. Drinks

Children bringing packed lunches can bring a carton of juice or a low sugar drink for lunchtime. Otherwise the schools are a water only schools, with the exception of the free milk entitlement for all primary free school meal pupils. Water is provided in the school halls and can be accessed in the classrooms. Children should bring a refillable bottle to school each day.

6. School trips

A packed lunch will be provided by the school, for all children who usually have a free school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

Rewards and special occasions

The schools do not allow food to be used as a reward for good behaviour or achievement. Occasionally, staff may give the children a small packet of sweets/chocolate if the wish i.e. Christmas, Easter, end of school year.

Occasional fund-raising events (sales, discos etc.) may include the sale of treat food such as cakes, sweets. These will be monitored and limited to a small number per pupil.

Curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). – See curricular provision maps.

Special dietary requirements

The schools will do everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies.

Pupil's food allergies are displayed in a sensitive way around the school for example in the staffroom/welfare areas, school kitchen etc.

Due to staff and pupils with serious nut allergies, both FINS and FJS are nut free schools.

Expectations of staff and visitors

The schools expect staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Our relationships with parents/carers are very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

The policy will be reviewed every 3 years, or sooner if legislation requires.

Signed: *C. Howard* Chair of Governors

Date policy implemented: October 2022

Review Date: July 2025