

CAMS HILL SCHOOL WHOLE SCHOOL FOOD POLICY

Introduction

Cams Hill School fully accepts its responsibility to promote the overall health of its pupils. The Whole School Food Policy aims to establish an integrated framework of procedures to ensure that children and adults are exposed to consistent messages about healthy eating through high quality, healthy provision (which fully meets government standards) through the provision of good food environments and through the curriculum.

Roles & Responsibilities

The Headteacher

The Headteacher will nominate a member of the Senior Management Team to oversee the Whole School Food Policy and its associated procedures. The role of this Senior Manager will be communicated to staff. Through the Senior Manager with responsibility for CPD, the Headteacher will encourage and promote appropriate training and professional development opportunities for staff including diet, nutrition, food safety and hygiene.

The Catering Manager

The Catering Manager and the Catering Team are responsible for the day-to-day delivery of creative menus for all food outlets in the School which meet or exceed government guidelines. The Catering Manager ensures that all related legislative requirements are met and that the Catering Unit works within budget. Minority ethnic and medical/allergy needs are incorporated in menu planning.

Governors

Through the Governor Premises Committee, governors monitor and support the work of the Catering Unit and associated staff.

Consultation and Review

Governors, teachers, parents/carers, pupils and other stakeholders will be consulted on all aspects of food and drink at school, including packed lunches and food provided on trips and visits. The Whole School Food Policy is drawn to parents' attention in the School Prospectus.

Eating Environments

The School will conduct regular reviews of dining room environment, other eating areas and associated arrangements. These reviews will cover displays promoting healthy eating, availability of water, queuing arrangements, timings and arrangements for pupils taking a free school meal. As funds become available improvements will be made to eating environments.

Nutritional Standards for School Lunches and Other School Foods

The School meets the nutritional standards as laid down by the government. These standards are complex and comprehensive and available at photocopying cost on request. The main points are as follows:

Drinks: Water, milk, 100% fruit juice, 100% vegetable juice, unsweetened and unflavoured soya, rice or oat drink, certain combinations of:

- Water and fruit/vegetable juice
- Milk or plain yoghurt, water, fruit or vegetable juice
- Plain soya, rice or oat drink, water, fruit or vegetable juice

Fruits and Vegetables (not potatoes):

- Must be provided in all school food outlets
- One portion of fruit and one portion of vegetables/salad must be available each day per child

Confectionary: No confectionary other than some complex exceptions regarding chocolate

Cakes and Biscuits:

- Only provided at lunchtime as part of a meal
- Bread-type products (eg bagels, currant bread and fruit bread, crumpets, tea cakes, English muffins) not included

Snacks:

- Only nuts, fruits, seeds or vegetables with no added salt, sugar or fat
- Savoury crackers can be provided as part of a meal
- Does not include sandwiches

Salt/Condiments:

- No salt shall be added to food after cooking
- Condiments (ketchup, mayonnaise, salad cream, brown sauce, chutney) only available in 10g sachets or one teaspoon

Deep Fried Food: Not provided more than twice a week across all food services

Starchy Food: Starchy food cooked in fat or oil not more than three times a week across the school day

Meat Products:

One meat product from each of the following four separate categories can be provided once a fortnight across the school day:

Group 1 – burgers

Group 2 – sausages and sausage products

Group 3 – individual meat pastry products

Group 4 – shaped or cooked meat products

- Must meet legal minimum meat content levels
- Must not be economy burgers
- Must not contain prohibited offal

Monitoring

The implementation of this Policy and the associated food standards are monitored by the Governor Premises Committee and the Senior Management Team. The Catering Manager uses data to monitor choices and uses it to influence development.