

# CAMS HILL SCHOOL WHOLE SCHOOL FOOD POLICY



## **Non-Statutory**

Review Period: 3 years

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Ratified by Governors: N/A

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## 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 curriculum and the provision of good food environments.

## Roles & Responsibilities

### The Headteacher

The Headteacher will nominate a senior member of staff 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 Continuing Professional Development (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.

## 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 the attention of parents and carers via the website.

## Eating Environments

The school will conduct regular reviews of the 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.

## 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 school runs a daily breakfast club for pupils from 8.00am – 8.30am.

## Lunch

School meals are planned on a 3-week cycle and always contain a meat, fish and vegetarian/vegan option, the school menu and allergen information are emailed to all staff and pupils on a weekly basis.

Allergens are displayed on an allergy sheet in an easy to read format traffic light system (**CONTAINS**/**MAY CONTAIN**/**FREE FROM**).

Our 'Grab & Go' pre-packaged food is labelled with a full list of ingredients adhering to the Natasha's Law guidelines.

Additional to the main service counter we have:

- The Catering Trailer – offers cold snacks and drinks
- The Chef's Pod – offers a cooked to order option
- Grab & Go Bar – offers pre-packaged food that can be taken away
- Wrap & Roll – offers freshly made to order sandwiches and salads

Cams Hill School's Green policy, is observed in our dining facility by encouraging recycling and using compostable packaging.

## 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:

### Starchy Food

- One or more portions of food from this food group every day
- Three or more different starchy foods each week
- One or more wholegrain varieties of starchy food each week
- Bread - with no added fat or oil - must be available every day

Our catering team provides a selection of starchy/carbohydrate options per day and incorporates wholemeal flour when making puddings, cakes and biscuits. A selection of bread is available at the 'Wrap & Roll' station on a daily basis.

### Fruit and Vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits, and three different vegetables each week

A selection of fruit is available each day along with fresh fruit pots as a healthy dessert or morning snack - these products are sold at a reduced price to encourage healthy choices.

Vegetables are incorporated in our main meal choices whenever possible and available daily as sides, in addition to this the 'Wrap and Roll' station offers 'build your own' salad, sandwiches with a selection of salad and a side salad option to accompany the main meals.

Our live cookery 'Chefs Pod' offers plenty of vegetable and salad options freshly prepared and cooked to order including: stir-fries, chicken skewers with salad pittas, and sizzling fajitas.

### Meat, Fish, Eggs, Beans and other Non-Dairy protein sources

- A portion of this food group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein three or more days a week

We have a choice of quality protein options daily with meat dishes, a fish option twice a week and a vegetarian or vegan option available on alternate days. We also offer a large selection of light lunch dishes which include sandwiches, paninis, toasties, salads and wraps.

### Milk and Dairy

- A portion of food from this group every day
- Lower fat milk-based drinks must be available for drinking at least once a day during school hours

### Foods high in Fat, Sugar and Salt

- No more than two portions a week of food that has been deep fried
- No confectionary during the school day
- Salt must not be available to add to food after it has been cooked

We strive to reduce the content of saturated fat, sugar and salt in our dishes by way of cooking methods and utilising lower fat content meats and produce.

Dishes are seasoned using herbs, spices, garlic and vegetables to enhance flavour and reduce the necessity of using salt.

### Healthier Drinks

- Free fresh drinking water at all times
- Plain water
- Unsweetened flavoured water (still or carbonated)
- Fruit or vegetable juice
- Flavoured lower fat milk

Filtered, fresh drinking water is available, free of charge, at all times.

### Monitoring

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