



We **A**chieve, we **B**elieve, we **C**are

**Crowton Christ Church, Church of England  
Primary School**

# Healthy Eating Policy (Including Snacks and Packed Lunches)

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## Statement of intent

Crowton Christ Church C of E Primary School acknowledges the importance of helping children to develop healthy eating habits ensuring that during the school day they receive the energy and nutrition they need. The school understands the need to provide pupils with a varied balanced diet through a wide range of foods across the week.

Crowton Christ Church C of E Primary School meets the requirements of the DfE's statutory guidance on the school food standards and implements the standards by adhering to the guidelines in the School Food Plan.

This policy has been created with regards to the following guidance:

- School Food Plan 'School Food Standards' 2015
- DfE 'School food in England' 2016

This policy will exist in conjunction with:

- Allergen and Anaphylaxis Policy.

Signed by:

*T L Bramwell*

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Senior Teacher

Date:

31.10.19

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Chair of governors

Date:

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# 1. Aims and objectives

1.1. While upholding this policy, Crowton Christ Church C of E Primary School aims to:

- Increase the general knowledge and awareness of healthy eating and to improve the health of pupils, staff, and in turn, their families.
- Consistently promote healthy eating across the curriculum and provide an education that enables pupils to make informed decisions about what they choose to eat.
- Establish a sociable and enjoyable dining experience for pupils to enhance their social development.
- Work closely with our caterers to ensure compliance with nutritional standards and good practice in providing appealing, value for money meals that cater to specific dietary requirements.
- Liaise with parents and carers to ensure the school is knowledgeable of any specific dietary requirements.
- Promote the benefits of healthy eating and its effect on performance at school.
- Ensure that the standards of packed lunches comply with the current nutrition standards of school lunches.
- Improve the quality of packed lunches that pupils consume.

## 2. Packed lunches

2.1. Based on the School Food Standards, packed lunches at Crowton Christ Church C of E Primary School can contain the following:

- One portion of fruit, vegetable or salad
- Meat, fish or another source of non-dairy protein
- Carbohydrates, such as bread, pasta, rice or potatoes
- Dairy, such as cheese, yoghurt or custard
- An oily fish will be included at least once every three weeks

- Only water, fruit juice, semi-skimmed or skimmed milk, yoghurt drinks or smoothies

2.2. As part of our Healthy Eating Policy, all school packed lunches will contain a balance of foods from each food group.

2.3. Packed lunches will contain snacks that comply with Crowton Christ Church C of E Primary School's healthy eating policy - these may include, but are not limited to the following:

- Chopped vegetables, carrot or celery sticks
- A portion of fruit
- Breadsticks

2.4. To allow for the promotion of healthy eating, the following food and drink are not permitted by Crowton Christ Church C of E Primary School:

- Chocolate bars or chocolate coated biscuits
- Other confectionery items such as sweets or chewing gum
- Carbonated drinks or those containing high levels of caffeine

2.5. The following may be included no more than twice a week as part of a balanced diet:

- Individual meat pies, sausage rolls and corned beef, to limit salt intake
- Plain biscuits and cakes, to limit sugar intake

Crowton Christ Church C of E Primary School encourages parents to provide packed lunches that include the essential food groups, typical portion sizes and suggestions for healthy, balanced packed lunches. No sweets or fizzy drinks are permitted.

To comply with our healthy eating policy, parents are required to:

- Provide pupils with healthy snacks and packed lunches containing recommended food groups.
- Inform children of the importance of healthy eating.

### **3. Storage and waste disposal**

3.1. Packed lunches will be kept in appropriate containers in the hall.

3.2. Any food not consumed by a pupil will be sent home with them.

### **4. Allergies and special diets**

4.1. Crowton Christ Church C of E Primary School understands that some pupils may have allergies to some foods or have dietary requirements that do not adhere to this policy. In these cases, pupils affected by specific dietary requirements will be provided with a packed lunch that is as healthy as possible.

4.2. Pupils are not permitted to share or swap any food, including that provided from home in a packed lunch or snacks.

4.3. Food provided for pupils with allergies will be managed in accordance with the Allergen and Anaphylaxis Policy.

### **5. What the school will provide**

5.1. In accordance with DfE's guidance 'School food in England' 2016, Crowton Christ Church C of E Primary School will ensure that pupils have access to free, fresh water at any time.

5.2. Clean dining areas are available for all pupils; Crowton Christ Church C of E Primary School will aim to prevent segregation of packed lunch and school dinner pupils.

5.3. Advice for parents regarding our policies and healthy eating regulations will always be available.

5.4. Staff and catering members will undertake regular inspections of packed lunches, to ensure that they comply with this policy.

### **6. Breakfast**

6.1. Crowton Christ Church C of E Primary School reinforces the message that breakfast is essential to maintain a healthy balanced diet and is of the utmost importance in preparing pupils for learning.

6.2. Cereal/toast and fruit juice/water are provided to pupils who attend the breakfast club.

6.3. Food at the breakfast club is provided by local providers.

## 7. Snacks

7.1. All four-to-six-year-olds will receive a free piece of fruit or vegetable every day, additional to their school lunch during the mid-morning/afternoon break.

7.2. The school will implement a healthy snack rule at break time. Fresh fruit will be available as a healthy snack.

## 8. School meals

8.1. Crowton Christ Church C of E Primary School understands that a child's healthy balanced diet should consist of the following food groups:

- Fruit and vegetables
- Unrefined starchy foods
- Meat, fish, eggs, beans, and other non-dairy alternative sources of protein
- Milk and other dairy goods
- A small amount of high fat/sugary/salty foods

8.2. When providing school meals, the school will observe the portion size for each of these food groups, as outlined in The School Food Plan and detailed in Appendix 1.

8.3. Starchy food cooked in fat or oil is served no more than once a week.

8.4. No more than two portions of deep-fried, battered or bread-crumbed foods are served each week.

8.5. No more than two portions of food containing pastry are served per week.

8.6. Crowton Christ Church C of E Primary School will not serve:

- Confectionary, chocolate or chocolate-coated products.

- Cakes, biscuits, sweet pastries or desserts (except yoghurt or fruit-based dessert containing at least 50 percent fruit).
- Snacks other than nuts, seeds, vegetables, and fruit with no added salt, sugar or fat.
- Salt after food has been cooked.

## 9. Drinks

- 9.1. Crowton Christ Church C of E Primary School will make jugs of fresh tap water and cups readily available on dinner tables/at the serving counter.
- 9.2. The school also has water fountains/water coolers situated around the school.
- 9.3. Crowton Christ Church C of E Primary School will not provide drinks containing preservatives, flavourings, colourings, sweeteners, or any other type of additives.
- 9.4. The school recognises its pupils' need to drink water when they are thirsty, hot, tired, or unwell, and accommodates this need.
- 9.5. Crowton Christ Church C of E Primary School will not allow pupils to consume energy drinks on the school premises. Any energy drinks will be confiscated and returned at the end of the school day if unopened.
- 9.6. Disciplinary procedures will be implemented if pupils refuse to adhere to the ban on energy drinks.

## 10. Healthy eating in the curriculum

- 10.1. Healthy eating messages are conveyed and promoted across the curriculum at Crowton Christ Church C of E Primary School, in lessons such as science, design and technology, and personal, social and health education (PSHE).
- 10.2. The school will convey healthy eating messages during assemblies, in classrooms and as and when children wish to discuss healthy choices.

## 11. Food hygiene

- 11.1. Crowton Christ Church C of E Primary School will conduct regular inspections of its kitchen facilities.



- 11.2. All staff involved with the preparation and cooking of food in the school will have successfully completed a food safety/hygiene course.
- 11.3. Children are reminded on a regular basis of the importance of washing their hands before eating.
- 11.4. Reminders to wash hands after using the toilet, and before and during the preparation of food, are posted in all the school bathrooms and kitchens.

## **12. Exemptions**

- 12.1. Crowton Christ Church C of E Primary School recognises that The School Food Regulations do not apply to food provided:
- At parties or celebrations marking religious or cultural occasions.
  - At fund-raising events.
  - As rewards for achievement, good behaviour, or effort.
  - For use in teaching food preparation and cookery skills, including where the food is served to pupils as part of a school lunch.
  - On an occasional basis by parents/carers or pupils.
  - Crowton Christ Church C of E Primary School makes exceptions to the Healthy Eating Policy in these instances, for reasons such as pupils with diabetes.
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### **Breaches of the policy**

- 12.2. Where concerns arise about the contents of a pupil's packed lunch, this will be dealt with appropriately by the headteacher. The issues will be discussed with parents directly or leaflets will be sent home explaining the school's policy.
- 12.3. If a pupil continues to bring a lunch that is not in line with this policy, the school will contact parents again to discuss this further.

## **13. Monitoring and review**

- 13.1. The headteacher will review this policy bi - annually and ensure that all procedures remain current and up to date.
- 13.2. The governing board will work with the school to review the packed lunch policy and provide advice and support where needed.
- 13.3. Any changes to government guidance regarding school food standards may lead to changes in this policy.
- 13.4. All staff will be notified of any changes made to this policy.

## Appendix 1: School Food Plan Portion Sizes for Primary Schools

Food group	Foods	State	Typical portion size
Starchy foods	Bread		<ul style="list-style-type: none"> <li>• (50-70g) 1-2 slices of medium bread</li> <li>• 1 small roll</li> <li>• 1 small or <math>\frac{1}{2}</math> large bagel</li> <li>• 1 small pitta</li> <li>• 2 6" wraps</li> <li>• 1 10" wrap</li> </ul>
	Potato/sweet potato	Raw	120-170g
	Jacket potato	Raw	200-280g
	Potatoes cooked in oil or fat e.g. chips, potato wedges, roast etc.	Raw	70-100g
	Other root vegetables	Raw	100-150g
	Pasta/noodles	Dried	45-65g
	Rice	Dried	35-55g
	Other grains	Dried	40-60g
	Garlic bread		20g
Fruit and vegetables	Vegetables or mixed salad	Raw	40-60g
	Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussel sprouts,	Cooked	40-60g

	cabbage, spinach, spring greens		
	Pulses including lentils, kidney beans, chickpeas	Dried	15-20g
		Cooked	40-60g
	Baked beans in tomato sauce	Cooked	50-70g
Fruit and vegetables	Vegetable-based soup	Cooked	200-250g
	Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g
	Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g
	Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g
	Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g
	Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g
	Fruit based dessert	All fruit-based desserts should have a content of at least 50 percent fruit measured by weight of the raw ingredients. Fruit used as decoration or jam added to a dessert does not count towards this standard.	
Meat, fish, eggs, beans and non-dairy sources of protein.	Roast red meat (this is also the portion size for baked potato and sandwich fillings)	Raw	50-80g
	Roast poultry (this is also the portion size for baked potato and sandwich fillings)	Raw	60-85g
	Red meat/poultry in dishes such as	Raw	50-75g

	casserole, stew, pie or curry		
	Meat based soup	Cooked	200-250g
	White fish	Raw	60-90g
	Oily fish	Raw	55-80g
	Fish or shellfish	Cooked	50-70g
	Breaded/battered fish	Cooked	60-90g
	Egg in salad, baked potato or sandwich	Cooked	1 egg
	Meat alternatives such as soya, tofu and Quorn™	Cooked	50-70g
	Pulses	Raw	20-25g
		Cooked	50-60g
	Vegetarian sausages, burgers, nut cutlets	Raw/cooked	50-70g
Meat, fish, eggs, beans and non-dairy sources of protein.	Sausages made from beef, lamb or pork	Raw	50-75g
	Burgers	Raw	55-80g
	Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, cold pork pie	Cooked	80g
	Breaded/battered chicken and turkey products	Cooked	50-70g
Milk and dairy	Lower-fat drinking milk		150-200 ml
	Milk puddings and whips made with milk		100-120g
	Custard made with milk (e.g. served with fruit); portion size excludes fruit		80-100g
	Yoghurts		80-120g
	Cheese (added to salads, baked		20-30g

	potatoes, sandwiches or crackers)		
High fat foods, sugar and salt	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 flapjacks		25-30g
	Ice cream		60-80g
	Pizza base		50-70g
	Savoury crackers, bread sticks		<ul style="list-style-type: none"> <li>• 10-15g</li> <li>• 1-2 crackers</li> </ul>
	Condiments		No more than 10g, or one teaspoonful
	Gravy		<ul style="list-style-type: none"> <li>• 20-30g</li> <li>• 1 tablespoon</li> </ul>
Healthier drinks	Fruit/vegetable juice		<ul style="list-style-type: none"> <li>• 150 mls</li> </ul>
	Drinking milk		<ul style="list-style-type: none"> <li>• 150-200 mls</li> </ul>
	Combination drinks (fruit juice/water, flavoured milk)		<ul style="list-style-type: none"> <li>• 330 mls</li> </ul>