

St Bede's Catholic Voluntary Academy



Food Policy

“We commit ourselves to love, respect and serve one another as disciples of Jesus Christ”

Date of approval	January 2024
Date of review	January 2026

Introduction

The school recognises the important contribution of a healthy and balanced diet, in combination with a satisfactory level of physical activity, to overall health, development of social skills and the ability to learn effectively.

This policy exists to provide a framework to promote a climate which enables all students to flourish.

To provide an environment that promotes healthy eating and enables students to make informed choices about the food they eat.

The nutritional principles of this policy are based on the School Food Standards practical guide and the DFE School Food in England guide

The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, midmorning breaks and after school clubs.

Aims

- To improve and maintain the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet
- To provide healthy food choices throughout the school day
- To encourage students to eat more fresh fruit and vegetables by improving the quality of food provision
- Ensure that the food provided is compliant with the School Food Standards practical guide and the DFE School Food in England guide, is of a high quality and promotes health
- To provide visitors to the school with snacks or meals of a healthy and balanced nature
- To promote hygienic food preparation and storage methods
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on health and the environment
- To ensure that every pupil has a safe and easily accessible water supply during the school day
- To make the provision and consumption of food an enjoyable and safe experience
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them

- To encourage sustainable food choices and promote awareness of the environment.
- To develop students' knowledge of multicultural foods and celebrate their culture and food choices.

Objectives/Guidelines

- Water is made available to all students and milk is available to purchase
- The school manager will monitor the provision of fruit and vegetables to ensure that quality is maintained
- Encourage all members of the school to embrace this policy including parents, food providers and the school's wider community
- Integrate these aims into all aspects of school life including, food provision within the school, the curriculum and pastoral and social activities
- Encourage staff involved in food preparation (including teaching staff) to undertake basic food hygiene training
- Make the dining areas in the school as pleasant as possible
- Provide sufficient time for eating while fostering good manners
- Ensure that where possible school food is locally sourced (minimising food miles)
- Maximise the reduction of waste by recycling wherever possible
- Ensure that any food sold/provided during lunch or at other times complies with the School Food Standards practical guide and the DFE School Food in England guide.

The school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

The Food Information Regulations 2014 requires all food businesses including school caterers to show the allergen ingredients' information for the food they serve. This makes it easier for schools to identify the food that pupils with allergies can and cannot eat. More information about food allergies is available in the allergy guidance for schools. School will also comply with the requirements for labelling of allergens on prepacked for direct sale (PPDS) food that take effect from October 2021.

Food and nutrition is taught at an appropriate level throughout each key stage in Design Technology, PE, Science and PSHCE

The school expects 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 students

Please note that for some social or fund-raising activities organised by the school exceptions may be made to the general guidance noted above

Curriculum

Healthy Eating is explicitly addressed within the Science, PSHCE, PE and D&T curriculum.

In Food Technology areas covered are:

Year 7

Food Safety and Hygiene

Knife Safety

Oven and Hob Safety

Cooking Methods - Rubbing in method, Melting Method, Boiling, Grilling and Frying

Importance of consistency of portion size in baking

Eggs and their uses

The Eatwell Guide

Year 8

Multicultural Cuisine

International Cultures and Local Ingredients

Preparing Sauces

Food Hygiene

Food Contamination, Bacteria and Poisoning

Food Storage Temperatures and Fridge Safety

Functions of Ingredients

The Eatwell Guide

Macronutrients and Micronutrients - Vitamins and Minerals

The importance of sustainable living is implemented across a variety of subjects (RE, Geography, Technology) whereby students are encouraged to look after the environment/world by making selective food choices. For example, in Food Technology they are taught about fair-trade. Seasonality of ingredients and reducing the impact upon the environment during food manufacture and production. Students are encouraged to support fair-trade by purchasing from the Fairtrade tuck shop. Information about this is also used in assemblies and tutor time for whole school awareness.

Each curriculum subject developing a range of skills and understanding that will contribute towards these areas.

A wide range of teaching approaches and resources are used to deliver the curriculum.

Cross curricular links to encourage healthy eating and lifestyle will be explored and fostered whenever possible by all members of staff.

School Food Provision

At St Bede's School we recognise that most of us need to eat more:

- Fruit and vegetables
- Cereals and bread
- Fish and lean meat

We also need to eat less:

- Fat
- Sugar
- Salt

This knowledge is reflected in the food provision in school. School meals are provided by Aspens.

The school and the catering facilities are dedicated to providing a balanced menu of school dinners. The school cook works in conjunction with Aspens and the school Business Manager to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils with individual dietary needs, due to medical, cultural or religious reasons - who have school dinners - are catered for appropriately.

Packed Lunches

Parents are asked to support the school's healthy eating policy by providing balanced packed lunches for their children. Pupils may bring squash or fruit juice to have with their packed lunch.

Drinks Provision

- Everyone has a right to access clean drinking water. We try to encourage pupils to drink water at school.
- Pupils are encouraged to drink water when required from the canteen.
- Milk is on sale to purchase each day
- Other drinks available to purchase in school complies with the School Food Standards practical guide

Snack Provision

- No snacks will be provided, except for nuts, seeds, vegetables and fruit with no added salt, sugar or fat
- Confectionary will not be provided
- Savoury crackers and breadsticks will not be provided otherwise than as part of a school lunch
- Cakes and biscuits will not be provided otherwise than as part of a school lunch
- Desserts will not be provided other than yoghurt or fruit filled desserts otherwise than as part of a school lunch

Exemptions to the school food regulations

The school Food Regulations do not apply to food provided:

- At parties or celebrations to mark 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 prepared is served to pupils as part of a school lunch
- On an occasional basis by parents or pupils

School Food Standards

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

Food Information Regulations 2014

<https://www.legislation.gov.uk/uksi/2014/1855/contents/made>

Allergy Guidance

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools/allergy-guidance-for-schools>

Requirements for Labelling

<https://www.gov.uk/product-labelling-the-law>