



## School Food Policy



### **Mission Statement**

We will work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment.

*We will provide high quality food education and food in school to help ensure food messages are consistent during the school day.*

### **Leadership: Making our school top of the class for food**

Our goal:

Ensure senior managers and governors prioritise family health and sustainable food and farming practices.

How we will achieve it:

- Ask the whole school community for its views on food issues
- Work with the whole school community to put together and review the school food policy and Food For Life action plan
- Keep everyone informed about food issues in school that change
- Build confidence in school food and raise the number of children who have school meals
- Ensure staff have up to date knowledge, skills and resources to educate pupils about food

## Lunchtime: Ensuring school dinners are good for us and the planet

Our goal:

Ensure pupils and staff receive nutritious, fresh, local and organic food at lunch and throughout the school day, and that this food is delicious, seasonal, affordable and safe.

How we will achieve it:

- Provide food of consistent nutritional quality throughout the school day which meets the current Government's food regulations
- Aim to meet the Food For Life Catering Mark standards of 75% freshly prepared, and address issues of seasonality, animal welfare and sustainable fishing
- Ensure catering staff are involved in school life and are provided with opportunities for continuous professional development
- Ensure pupils have easy access to drinking water throughout the day which is separate from the toilet area

## Learning: Ensuring we cook, grow and visit farms

Our goal:

Provide a well-planned curriculum that covers nutrition, food hygiene and sustainable and ethical food production. To also offer practical hands-on food education , like cooking and growing projects and farm links .

How we will achieve it:

- Help pupils understand the importance of a healthy diet and physical activity
- Give pupils and the wider community the opportunity to plan, prepare and cook healthy safe meals
- Give pupils and the wider community the opportunity to learn about growing and farming of food and its impact on the environment
- Encourage pupils to eat and cook with vegetables they have grown at home and within school
- Create opportunities for pupils to get to know local producers and food businesses

## Sharing & Caring: Making sure we enjoy food and meet new people

Our goal:

Create an enjoyable and sociable dining experience for pupils in school, and a lively food culture at school and in the wider community

How we will achieve it:

- Provide an enjoyable lunchtime environment and experience
- Involve parents and carers in an ongoing healthy packed lunch and snack campaign
- Only work with brands or businesses that support the Food For Life aims and comply with Government standards
- Involve the whole school community in growing and cooking projects and food events to help promote healthy and sustainable food

## Monitoring and Review

This policy will be monitored by the Food For Life Council (School Nutrition Action Group); the head teacher and Governing Body and will be reviewed annually.

Date of implementation: October 2020

Date for review: October 2022