

The Priory Primary Academy Trust

Nutritional Standards Policy



January 2012
Reviewed annually by the governing body

Introduction

At the Priory Primary Academy Trust we encourage all pupils to lead active and healthy lives. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The Governing Body will ensure that food provided in the school and advice given to pupils both promote a healthy lifestyle. The school achieved Healthy Schools' status in 2010.

This policy has been constructed in compliance with the School Standards and Framework Act 114, the Education (Nutritional Standards for School Lunches) (England) Regulations 2000 (SI 1777) and the published framework for the New Food-Based requirements for School Lunches 2006.

Relationship to other policies

Improving and sustaining good nutritional standards is included where appropriate in all curriculum policies, the food policy, health and safety policy, and the home-school agreement.

Roles and responsibilities

The Head Teacher will ensure that:

- guidance is made available for staff based on the Nutritional Standards for School Lunches (England) Regulations 2006, published by the School Food Trust
- lunches served at the school conform to the requirements
- children who are eligible for free school meals are encouraged to take them
- content, cost, and quality of provision are monitored
- special dietary needs of children and staff are catered for [*vegetarian, coeliac etc.*].

The staff will ensure that they promote healthy eating in accordance with the guidance. Many staff eat with the children and this encourages good eating habits and table manners.

The Governing Body will ensure that lunches conform to the standards prescribed in the new food-based requirements for School lunches 2006 as published by the School Food Trust.

Arrangements for monitoring and evaluation

The Governing Body will receive annual reports from the Head on the extent to which the provision of lunches conform to the Regulations in terms of content, cost, and provision, and the take-up by pupils eligible for free school meals.

Surveys of pupils will be undertaken at regular intervals and reported to the Governing Body, to establish whether pupils are satisfied with the quality of meals offered.

The Governing Body will also monitor and review the impact on small and local suppliers, of the school's sourcing arrangements.

Additional Information:

The Standards and Guidance for Staff

New Food-Based Requirements for School Lunches 2006

Fruit and vegetables

No less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit.

Oily fish

Oily fish such as mackerel and salmon should be served at least once every three weeks.

Bread

Bread should be available at lunch every day.

Drinking water

Free, fresh drinking water should be available at all times.

Drinks other than water

The only drinks served should be water, pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar, smoothies, low calorie hot chocolate, coffee and tea. Sweetened fizzy drinks which have little nutritional value are no longer allowed. Artificial sweeteners could be used only in yoghurt and milk drinks, or combinations containing yoghurt or milk.

The nutritional standards are food-based, using proportions in the Balance of Good Health plate model. At least two items from each of the following four main food groups must be available everyday throughout the lunch service:

- starchy foods such as bread, potatoes, rice and pasta. At least one of the foods available in the group should not be cooked in oil or fat.
- Vegetables and fruit
- Milk and dairy foods
- Meat, fish and alternative non-dairy sources of protein. Red meat must be served at least three times a week. Fish must be served at least twice a week.

If the main course contains beans or pulses, a vegetable must also be available.

Drinking water should be available to all children, every day, free of charge, and strongly recommends that drinking milk is available as an option each day. It also strongly recommends that schools offer some hot food, particularly during the winter.

Restricted Foods

Confectionery

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be available for lunch.

Savoury snacks

Savoury snacks such as crisps should not be available for lunch.

Condiments

Salt should not be available at lunch. Condiments, such as ketchup and mayonnaise, should only be available in sachets.

Deep-fried foods

Meals should not contain more than two deep-fried foods, such as chips and batter-coated products, in a single week.

Manufactured meat products

Products, such as chicken nuggets, burgers and sausage rolls, may only be served occasionally, and only providing they meet standards for minimum meat content.