

Shropshire Gateway Educational Trust: Trust Food Policy

Introduction

This policy covers all aspects of food and drink at Shropshire Gateway Educational Trust. The Trust is dedicated to providing an environment that promotes healthy food and eating, enabling pupils to make informed choices about the food they eat. This will be achieved by the whole Trust approach to food and nutrition documented in this whole Trust food policy.

The policy was formulated through consultation between members of staff, governors, caterers, parents/carers, children/young people including a School Nutrition Action Group (SNAG).

The policy is communicated to the entire Trust community and is available on the Shropshire Gateway Educational Trust website. It is adhered to by everyone involved with the teaching/serving/cooking of food/drink in Trust during the day and our partners that share our Trust premises.

The nutritional principles of this policy are based on current evidence based findings; and the Eatwell Guide is the agreed model for ensuring a healthy balanced diet.

<https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.gov.uk/government/publications/the-eatwell-guide>

The Trust will follow the school food standards for food throughout the school day.

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

Further information can also be found in the School Food Plan (2014)

www.schoolfoodplan.com

FOOD POLICY CO-ORDINATOR

This Trust food policy and healthy eating strategy is co-ordinated by Ceri Little and the member of the Senior Management Team that oversees all aspects of food in our Trust is Katie Jones.

FOOD POLICY AIMS

The main aims of our Trust food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food/drink choices throughout the school day and ensure food brought into school is healthy too.
3. To ensure that all aspects of food and drink in schools promote the health and wellbeing of pupils, staff and visitors

These aims will be addressed through the following areas:

CURRICULUM

It is essential that nutrition education is embedded in the curriculum and there is consistency across different subjects- science, technology, PSHE, PE and that it remains consistent with the whole school food policy. This includes extra curriculum activities such as cookery and gardening clubs.

This is addressed through:

TEACHING METHODS/RESOURCES

Shropshire Educational Trust aims to:

- integrate food and nutrition as part of the curriculum
- bring in a practical element around food education, through cooking or gardening
- provide healthy school food including breakfast, tuck and school lunches following the [National School Food Standards Go to http://www.schoolfoodplan.com/actions/school-food-standards/](http://www.schoolfoodplan.com/actions/school-food-standards/) ([opens new window](#))
- [encourages uptake of school lunches](#)
- become a [Sugar Smart school](#)
- reinforce our food policy throughout the school year
- ensure that everyone in the school understands their role and has access to resources that help promote healthy eating
- does not promote unhealthy foods as rewards

Resources used, and how you ensure consistency and that they are up to date

Examples of resources:

- Eatwell Guide <https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>
- <https://www.gov.uk/government/publications/the-eatwell-guide>
- Trust Food Standards <https://www.gov.uk/government/publications/Trust-food-standards-resources-for-Trusts>
- Relevant information from School Food Plan (2014) www.Trustfoodplan.com
- Public Health resources from the Trust Zone <https://campaignresources.phe.gov.uk/schools>
- Food Teaching in Primary Schools (2015) <https://www.gov.uk/government/publications/food-teaching-in-primary-Trusts-knowledge-and-skills-framework>
- Consider methods used to link classroom activities and learning about food
E.g. Food a Fact of Life free resources for teaching young people aged 3-16 years about where food comes from, cooking and healthy eating www.foodafactoflife.org.uk or a similar programme

FOOD AND DRINK PROVISION THROUGHOUT THE DAY

The revised standards for school food came into force on 1 January 2015 and are set out in the requirements for School Food Regulations 2014.

The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the requirements for School Food Regulations 2014 is mandatory for all maintained schools including academies and free schools. These school food standards are to ensure that food provided to pupils in schools is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.

The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.

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, mid-morning break, vending and after school clubs.

Full details and guidance are available at:

<https://www.gov.uk/government/publications/standards-for-Trust-food-in-england/Trust-food-in-england>

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

BREAKFAST CLUB

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

Each primary school operates a breakfast club that provides a nutritious meal for pupils before the school day and complies with the standards for Trust food other than lunch.

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

The breakfast menu includes:

- a fruit bowl and fruit pots
- a selection of carefully considered cereals (for lower sugar, low salt, and high fibre)
- porridge
- 50/50 bread for toast with different toppings e.g. reduced sugar jam
- low fat yoghurts
- on special occasions, children may be offered a treat e.g. pancakes
- semi-skimmed milk for drinking or to go with cereal or in smoothies.
- water
- apple and orange juice

VENDING MACHINES

Our Trust does not have vending machines on site, however, the adjoining leisure centre to Lacon Childe School, Teme Leisure, does. The machine is not stocked or managed by the Trust. The vending machine is locked and not able to be used during the school day.

BREAKTIME SNACKS/TUCK SHOP

The Trust understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The Trust discourages the consumption of snacks high in fat and sugar at break-time. In primary schools, we encourage fruit & vegetables for break time snacks as this positively enhances the free fruit in key stage 1.

All of the primary settings participate in the National Fruit & Vegetable Scheme and **Cool Milk** supplies free and school and nursery milk to children under 5.

Any tuck shops should provide a range of snack foods that help to contribute to a balanced healthy diet focused on the Eatwell Guide, using the Trust Food Standards: Checklist for Trust food other than lunch

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

SCHOOL DINNERS

Food prepared by the Trust catering team meets the school Food Standards.

As a Trust we encourage pupils to have a school lunch provided by our catering service and free school meals are provided to all those pupils who are entitled to them. <https://next.shropshire.gov.uk/early-years-education-and-learning/free-school-meals/>

Healthy options are promoted at lunchtime. Children/young people are consulted about food choices through school council, pupil questionnaires and surveys and through the SGET SNAG (School Nutrition Action Group)

PACKED LUNCHES

The Trust encourages parents and carers to provide children with packed lunches that complement the nutritional standards. This is achieved by promoting healthy balanced packed lunch options using the principles of the Eatwell Guide and our Packed Lunch Guidelines. This will ensure children having packed lunches have a healthy balanced meal. Packed lunches should include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a healthy drink such as water, milk or 100% fruit juice (no fizzy drinks)

Packed lunches may include one small chocolate bar and one small snacks or crisps and should not include sweets.

Food safety issues around packed lunches will be conveyed to parents. Parents may be contacted if packed lunches are not suitable for additional support with providing a nutritious lunch.

Parents may be signposted to websites such as the following:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

AFTER TRUST CLUB

The food and drink provision at our after Trust club is in line with the overall whole Trust food policy and complies with standards for all Trust food other than lunches.

USE OF FOOD AS A REWARD/BIRTHDAYS

The Trust does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in schools such as reward certificates, stickers, prizes of books/ stationary etc. Children are discouraged from bringing in sweets/ cakes for their birthday/ seasonal celebrations etc.

DRINKING WATER

The Trust Food Standards recommend that free, fresh drinking water must be available at all times.

The Trust agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at the lunchtime meal service. Children are encouraged to use their own water bottles and these can be refilled throughout the day. Water bottles should be taken home daily to be washed out. In primary settings, milk is available for children at breaktime using the cool milk scheme <https://www.coolmilk.com> for all pupils under 5. Please contact your school office for further information.

4. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS - RELIGIOUS AND ETHNIC GROUPS

The Trust provides food in accordance with pupils' religious beliefs and cultural practices as required.

VEGETARIAN DIETS/HALAL MEALS

Trust caterers offer a vegetarian option at lunch everyday.

SPECIAL DIETS - MEDICAL

Under section 100 of the Children and Families Act 2014, Trusts have a duty to support pupils at their Trust with medical conditions. We recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this. Individual care plans need to be created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, emergency contact details, along with any particular food requirements e.g. for high-energy diets. The Trust and Trust caterers are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Food allergies are common and, on average, most classes in the UK will have one or two children with a food allergy. Menus are available on Arbor (MIS) and parents are responsible for booking lunches for their child, considering the ingredients. Parents/ carers are encouraged to communicate their child's allergies with the catering staff to ensure that they fully understand the ingredients in school lunches.

Food allergies in school

[Food allergy](#) is common – on average, most school classes in the UK will have one or two children with food allergy. Schools need to consider how to reduce the risk of an allergic reaction, in line with the statutory guidance Supporting pupils at school with medical conditions. Parents need to work with the school in trying to reduce the potential risks:

- bottles, other drinks and lunch boxes should be clearly labelled with the name of the child for whom they are intended
- if food is purchased from the school canteen, parents should check the ingredients of foods by speaking directly to the catering manager
- many children of primary school age are able to check with staff and read ingredients labels and one way to help your child learn is to take them shopping with you, and ask them to read ingredients labels to spot the foods they are allergic too
- food should not be given to food-allergic children in primary schools without parental engagement and permission (e.g. birthday parties, food treats)
- when planning out-of-school activities such as sporting events, excursions (e.g. restaurants and food processing plants), school outings or camps, think early about the catering requirements for food-allergic children, and emergency planning (including access to emergency medication and medical care)

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

And Allergy UK <https://www.allergyuk.org/living-with-an-allergy/at-Trust/>

Parents are given a Medical Diet Trust Meal Request Form if they have a child who follows a special diet and requires a Trust meal, available from the relevant Trust food supplier.

5. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in Trust. We have food safety information displayed in the appropriate areas.

6. THE FOOD AND EATING ENVIRONMENT

The Trust will provide a clean, sociable environment for pupils to eat their lunch and has developed the healthy/welcoming aspects of the dining room environment. Lunch time supervisors will help to ensure a safe, enjoyable experience at lunchtime and will be able to encourage healthy eating.

7. LEADING BY EXAMPLE AND STAFF TRAINING

Teachers, caterers and lunchtime supervisors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines. It is essential that staff are committed to setting an example with food in Trust.

8. FOOD RELATED ACTION PLANS

As a Trust we are aware that we need to ensure healthy and nutritious food is available across the Trust. The food agenda in Trust is part of criteria to be assessed for the voluntary Healthy Schools rating scheme which has been designed to recognise and encourage schools' contributions to pupils' health and wellbeing as part of the commitment from the government's Childhood Obesity Plan.

<https://www.gov.uk/government/publications/healthy-schools-rating-scheme>

9. CONSULTATION/MONITORING AND EVALUATION

This policy has been developed through wide consultation with the whole Trust community. The policy and its impact is reviewed on an ongoing basis.

The policy is communicated to the entire Trust community and new families/staff to our Trust are made aware of its importance.

10. REVIEW

Author	Ceri Little and Gill Bradley
Review Cycle	Triennially
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Approved By	Heads Board and Board of Directors
Next Review Date	January 2027