

Crossflatts Primary

# Healthy Lunch and Snacks Policy

Approved by the governing body on:

January 2022

To be reviewed on:

January 2024

Signed on behalf of the governing body:

*Mary Morgan*

NB. This guidance will be retained for a period of 7 years from replacement.

Crossflatts Primary School is committed to being a healthy school and to promote the health and wellbeing of the school community. As part of this, we aim to help our pupils understand the consequences and to develop the skills to take responsibility for the choices they make.

At Crossflatts Primary School, we know that what pupils eat and drink at school is important. We aim to teach pupils about food and nutrition through the curriculum and reflect these principles in the school's food menu and cooking provisions.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to the food standards and legal obligations. As such, this policy has been implemented to allow us to provide food in a safe and hygienic manner.

### **Policy Statement & Aims**

- To ensure that all aspects of food and nutrition in the school help promote the health and well-being of the whole school community
- To ensure that food provided across the school day is consistent with our aim and meets the new mandatory standards, covering all school food.
- To ensure that food and nutrition information across the curriculum, and in extra-curricular activities, is consistent and up to-date.
- To ensure that the whole school community is involved in the implementation of this policy.
- To ensure that all staff involved in food preparation in school have undertaken relevant health and hygiene training.
- To comply with Natasha's Law 2021 which came into force in October 2021 requiring all food outlets to provide full ingredient lists with clear allergen labelling PPDS food. Please see appendix 1 – Natasha Law (Guide for Parents).

### **Equal opportunities / Cultural diversity**

- Crossflatts Primary School ensures the awareness and accommodation of children with particular dietary needs through a specific register which is regularly updated by admin staff and is distributed to all staff.
- Each year staff are encouraged to attend Epi-pen Training and we have a whole school policy banning 'nuts'.
- In addition, we are sensitive to issues such as overweight children and actively promote a healthy lifestyle alongside healthy food.
- We have a wide range of extra-curricular activities open to all.
- School lunches include a vegetarian or Halal option and there is always a salad bar available.

## **Legal framework**

This policy has due regard to all relevant legislation and statutory guidance including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Food Information (Amendment) (England) Regulations 2019
- The Food Safety Act 1990
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Products Containing Meat etc. (England) Regulations 2014
- Natasha's Law 2021

This policy operates in conjunction with the following non-statutory guidance:

- DfE (2019) 'School food in England'
- The School Food Plan (2014) 'School Food Standards: A practical guide for schools, their cooks and caterers'

## **Roles and responsibilities**

The governing body is responsible for:

- The provision of food for the school – ensuring pupils entitled to FSM and pupils who have requested school meals receive them.
- Ensuring the agreed food provision adheres to the food standards.
- Providing hot lunches, wherever possible, to ensure that all pupils are able to eat one hot meal a day.
- Providing FSM to a pupil if they and/or their parent meets the eligibility criteria.
- Ensuring that drinking water is provided free of charge at all times.
- Providing free-to-use facilities to eat food, including accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Ensuring that lower-fat milk or lactose-reduced milk is provided at least once a day during school hours.
- Ensuring that milk is provided free of charge to infants and pupils entitled to FSM.
- Deciding on whether to charge for milk for all pupils not on a benefits scheme.
- Ensuring a free piece of fruit or vegetable is provided outside of school lunch hours for pupils between four and six years old through the [School Fruit and Vegetable Scheme](#).
- Receiving regular reports on compliance with the school food standards and the take-up of school lunches, as well as the financial aspects of school food provision.
- Ensuring that there is coordination across all catering services sought by the school, to guarantee compliance with school food standards.
- Ensuring that all pre-packaged foods available at the school provide full ingredient lists and allergen labelling.

## **Staff Responsibilities**

- It is the responsibility of the staff in each group to be aware of any children with specific food allergies and to take this into consideration when any food is prepared. Staff should make children aware of how to make healthy choices in their eating including the importance of having a healthy breakfast.

### **The Headteacher/ Business Manager is responsible for:**

- Organising food hygiene training, including on allergens, for all in-house kitchen staff.
- Ensuring any external catering companies have an up-to-date food hygiene certificate.
- Inspecting the school kitchens with the catering provider to ensure facilities are cleaned to the highest standards.
- Ensuring the kitchen staff have completed and keep an up-to-date food hygiene plan.
- Discussing with the head cook the meal plans for the term, including where food is sourced from and whether there are any healthier alternatives.
- Creating a whole-school healthy eating strategy that is made in collaboration with the catering provider.
- Organising refresher training for staff with regards to health and safety and food hygiene.

### **Our Catering provider is responsible for:**

- Providing the Headteacher with a copy of their food hygiene certificate upon request, where applicable.
- Ensuring a food hygiene record is kept, to demonstrate how the school ensures all food and its preparation methods are safe, and that this is reviewed on a **monthly** basis.
- Checking the temperatures of food storage areas at the **start** and **end** of each day to ensure they are running at the correct temperature and documenting these in the food hygiene record.
- Checking that thermometers are working properly
- Ensuring PPE is undamaged, e.g. free from tears, rips or burns, and that there is enough PPE for each member of staff working in the kitchen.
- Ensuring there are sufficient numbers of colour coded chopping boards for food preparation
- Rotating stock to ensure food with a shorter shelf life is used and consumed before food with a longer shelf life.
- Withdrawing stock that has gone past its 'use by' date or is not safe to eat, e.g. batches of food being reported as holding unsafe levels of harmful bacteria.
- Ensuring a cleaning schedule is maintained and reviewed on a **monthly** basis.
- Ensuring high standards of personal hygiene is maintained at all times.
- Ensuring the food served to pupils is nutritious and provides them with a healthy balanced diet in line with the school's healthy eating strategy.
- Checking that all pre-packaged food provides full ingredient lists and allergen labelling before it is made available to staff, visitors and pupils.

### **Exemptions to the school food regulations**

The school food standards do not apply to food provided:

- At parties or celebrations marking religious or cultural occasions.
- At fundraising events.
- As rewards for achievements, good behaviour or effort.
- For using 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.

## **Specific Procedures to Implement Policy Aims**

### **Break time**

- Pupils are encouraged to bring fresh or dried fruit or vegetables as their snacks from home.
- Early Years and KS1 participation in School Fruit and Vegetable Scheme.
- Free milk is available in Nursery and to children in Reception until the term they turn five.

### **Lunchtime**

School lunches exceed the required standards and staff work closely with the school to promote, reinforce and enrich the curriculum.

### **Packed lunches**

- Working on healthier packed lunches is part of our food curriculum.
- Packed lunches should form part of a child's well-balanced diet.
- To support parents we regularly include information and ideas about the contents of these in newsletters, leaflets, parent workshops and invitations to attend a school lunch.
- We do not allow children to have fizzy drinks and encourage every child to have at least 1 portion of fruit and 1 portion of vegetable each day at school.

### **Water Provision**

Pupils are encouraged to drink water throughout the day and teachers act as role models. All pupils are encouraged to bring a water bottle to school each day. If a child has not brought a water bottle, they may get a drink from the sink in the classroom at any point during the day.

### **Consistent messages**

Healthy Food is consistently promoted throughout the school within the curriculum, assemblies and events. For example, within Roman and India projects, pupils not only experience traditional food but are alerted to its nutritional value.

#### **Within the formal curriculum**

- EYFS KUW, KS1 + KS2 Science
- Design Technology
- Cross curricular work

#### **Extra-curricular activities**

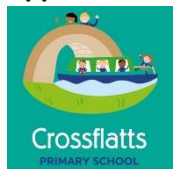
- Gardening/ Allotment club
- Special events, such as Healthy eating days and visits from the school nurse
- Big Start events – linked to healthy bodies and healthy eating –for example ballet workshops, ice skating training.

### **Dissemination of the Policy**

All staff will read the policy and it will be saved in Teacher drive on the school network and will be accessible at all times. Parents/carers will be able to access this policy via the school website.

### **Monitoring and evaluation**

This policy will be regularly reviewed by the governing body and updated when necessary.



## **Crossflatts Primary School**

### **Natasha's Law**

#### **A Parent's Guide to New Allergen Rules and Requirements**

#### **What will we do to ensure we are allergen safe?**

To ensure the safety of our school community, we will:

- ✓ Ensure a list of our Breakfast Club and Afterschool club allergens/ingredients is on our school website.
- ✓ Ensure our catering company have clear guidelines to comply with regarding allergens and ingredients when ordering.
- ✓ Train all staff to be aware of their responsibility to provide correct allergen information.
- ✓ Ensure that staff are trained in allergy awareness and how to respond to an allergy sufferer's questions.
- ✓ Ensure any allergen updates provided by a parent/carer is passed on to the relevant individuals.
- ✓ Coach and assess our staff regularly to be sure they are confident in dealing with allergens.
- ✓ Ensure all documentation is revised and conveyed to our staff.
- ✓ Engage with suppliers and build good relationships to ensure they keep updated on any product or ingredient changes quickly and inform us of them.
- ✓ Act on all updates or ingredient changes immediately to provide reassurance when buying food.

#### **What can you do?**

Although it is not required by law, in order to protect the staff and pupils in our school, we recommend that parents and carers label any food potentially containing allergens they prepare for school events.

#### **Our allergen champion**

We have designated our school office team to be our allergen champions.

They will be in charge of coordinating allergy management and ensuring there is clear communication.

Parents and carers can contact the allergen champions at [office@crossflatts.bradford.sch.uk](mailto:office@crossflatts.bradford.sch.uk) to find out more and ask any questions they may have regarding their child's allergens and the actions we are taking to ensure their safety.

#### **Where can you find more information?**

For more information regarding the changes that Natasha's Law will bring, parents and carers can visit The Food Standards Agency's website: <https://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses>

#### **What is Natasha's Law?**

Natasha's Law is a new legislation relating to the declaration of allergen information on pre-packed for direct sale (PPDS) food. The law takes its name from the tragic death of a teenager named Natasha, who died from an allergic reaction to undeclared sesame seeds in a pre-packaged baguette.

The new law makes it a legal requirement to clearly display information about potential allergens on food packaging for PPDS food.

#### **When does the law come into effect?**

Natasha's Law was implemented on 1 October 2021. In line with The Food Standards Agency's expectations, these changes were in place ahead of time, to ensure that our pupils and staff can feel safe when eating food from the school.



### What is PPDS food?

This is food which has been packaged before the customer has chosen it.

This can include:

- Fast food wrapped or packaged before the customer selects it.
- Potted items with lids on.
- Packed lunches for pupils on school trips.



### What is not included?

Food not affected by this law includes:

- Food not in packaging.
- Food which is loose before a customer selects it and packaged afterwards.
- Loose food which was not packaged at the point it was ordered.
- Food supplied by other businesses.



**Labelling laws apply to pupils of all ages – a pupil's ability to interpret the information does not remove our responsibility to provide clear labelling.**

**At Crossflatts Primary School we use an external catering provider, they are responsible on their online ordering facility to ensure that parents and carers are informed of all ingredients and allergies at the point of ordering.**

### What kind of allergies will we be required to label?

There are 14 allergens which must be declared by law.

The 14 allergens are as follows:

- Celery
- Cereals containing gluten and wheat such as barley and oats
- Crustaceans such as crabs, prawns and lobsters
- Eggs
- Fish
- Lupin
- Milk
- Molluscs such as mussels, oysters, snails and squid
- Mustard
- Nuts such as almonds, brazil nuts, cashews, pistachio nuts and walnuts
- Peanuts
- Sesame Seeds
- Soybeans
- Sulphur dioxide and sulphites if they are at higher concentrations than 10mg/kg

These 14 allergens should be clearly indicated on the label using clear text such as bold, italics or highlighting the text in another colour.

More information on the changes required by Natasha's Law can be found here:

<https://www.cypad.com/2021/02/24/schools-natashas-law/>.