

Denton and Harlaxton Church of England Schools

TOGETHER



WE CAN!

Learn
Encourage
Aspire
Respect &
Nurture



Food Policy

Document Management

No CHANGES

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This easy to remember statement sums up our vision for our children within our community.

Together we can...

Learn
Encourage
Aspire
Respect
Nurture



Our full vision:

With God, together we can Learn, Encourage, Aspire, Respect and Nurture.

And the child grew strong; he was filled with wisdom, and the grace of God was on him Luke 2:40

We believe in a collaborative approach – developing the whole child by developing the whole community together. As an inclusive church school, we use positive and consistent expectations to help all members of our community to flourish. We work towards achieving excellence in all we do, and we recognise the value of everyone in our school and seek to enable all to become agents of positive change in the world.

	DENTON and HARLAXTON CE SCHOOL
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	<i>Policy Statement</i> <i>Food Policy</i>
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New, revised standards for school food came into force from 1 January 2015. They have been published in advance to give schools, caterers and others time to familiarise themselves with the changes and to make any necessary preparations.

What legislation does this policy relate to?

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the Education Act 1996, as amended
- Section 114A of the School Standards and Framework Act 1998
- 2014 No. 1603 Education, England The requirements for School Food Regulations 2014
- School Food in England March 2019 [School food standards: resources for schools - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

1. Introduction

Staff and governors of Denton and Harlaxton CE Schools recognise that we have a part to play in promoting a healthy lifestyle, including encouraging healthy eating options. A Food Policy for our school will enable us to be pro-active in this regard and respond to the guidance in the School Food in England advice 2019

The current national school food standards are made up of two main elements: food-based standards, and nutrient-based standards.

- Food-based standards define the foods and drinks that must be provided, those which are restricted, and those which must not be provided. Food-based standards apply to all food and drink provided to pupils on and off school premises and during an extended school day (up to 6pm), including school trips.
- Nutrient-based standards apply only to school lunches. They set out requirements for the amount of energy and 13 nutrients that must be in an average school lunch during a one to four week menu cycle.

Exemptions to the school food regulations

The School Food Regulations do not apply to food provided:

- a. at parties or celebrations to mark religious or cultural occasions
- b. at occasional fund-raising events
- c. as rewards for achievement, good behaviour or effort
- d. for use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch
- e. on an occasional basis by parents or pupils
- f. by maintained boarding schools who are allowed to provide cakes, biscuits, confectionery and snacks as part of an evening meal before 6 pm.

2. The Rationale for the School Food Policy

- Diet is central to health and a child's diet can influence both current and future health, as well as affecting learning potential. A good diet in childhood can help protect against chronic diseases when older.
- All recent studies demonstrate that children eat too much saturated fat, added sugars and salt.
- On average, children only eat 2 of the recommended 5 portions of fruit and vegetables a day.
- Poorly nourished children, including the overweight and obese, often experience social and psychological problems, which can also impact on their behaviour and performance at school.
- As children spend an average of one quarter of their waking lives in school, schools need to promote healthy food and drink choices throughout the school day.
- The school environment, staff and pupil attitudes and what children learn in the classroom, have a major influence on their knowledge and understanding of health issues.

In September 2013 government announced that every child in reception, year 1 and year 2 in state-funded schools will receive a free school lunch from September 2014.

3. The Aims of the School Food Policy

Through implementation of this policy we aim to:

- Set out a co-ordinated approach to food and drink to increase the availability of healthier options
- Ensure quality of access and participation for all
- Reinforce appropriate messages relating to food and drink
- Engage the entire school community
- Establish effective partnerships
- Achieve greater sustainability through planned action
- Respond to the needs and desires of our families
- Communicate our shared vision, ethos and values to children, staff, parents, governors and the wider community.

4. Implementation

a. Water Provision

- Children are encouraged to bring water bottles to school every day containing water.
- These can be bought through school or elsewhere, but should be clear plastic.
- Water bottles should not be shared – each bottle should be clearly labelled.
- Bottles should be filled up at home with water before being brought to school each day and should be taken home regularly and thoroughly washed.
- Water bottles containing water will be kept in the classroom, as directed by class teachers in an agreed and accessible place out of direct sunlight and sources of heat.
- Children should have opportunity and encouragement to drink through the school day.
- Children who do not have a water bottle in school may still access water to drink by asking for a plastic cup and drinking the tap water (Denton) or can ask for a cup (Harlaxton).
- During very hot weather children may take their water bottle outside during playtime.
- Water bottles must not be used near computers or other electrical equipment.

b. Toilet Access

- It is important children are allowed to go to the toilet when they need to.
- Children are encouraged to go to the toilet at appropriate times, e.g. playtimes and lunchtimes. If they need to go during a lesson, they are encouraged to wait until specific teaching is completed. However, children are not made to wait unnecessarily.
- Children are reminded of the need for personal hygiene after visiting the toilet and signs and posters reinforce this message.
- Provision will be made to meet the needs of any child whom we have been informed has a specific urinary or bladder problem.

c. **Healthier Eating**

- At this school, healthy eating choices are promoted consistently.
- Parents are supported with information about lunch box choices by our school nurse and through occasional promotional flyers and leaflets.
- Healthy snacks, fruit and/or milk are allowed in the school day. The school participates in both the Milk and Fruit in School schemes.
- Carbonated drinks and sweets/ confectionary such as chocolate bars are not permitted in lunch boxes and lunchtime supervisors ensure any such item is returned home.
- Juice drinks either with or without sugar are to be consumed during the lunch meal only.
- Our midday supervisors encourage children to eat savoury food first and reward good manners.

d. **Eating Environment**

- Lunch boxes are stored in lockers close to each class.
- Children eat in the classroom (Denton) or hall (Harlaxton).
- Parents at Harlaxton have the option to purchase Hot Food through the Ideal company. Denton parents can order meals through Willoughby Foods. This is a nutritionally balanced daily menu with plenty of variety and is served daily by school midday staff. Ideal must comply with both Nutrient and Food based standards and are contracted by the school to demonstrate and evidence this.
- Parents have access to a limited menu which must be pre ordered. This is because we do not have a kitchen on site and all our hot food is cooked off site. There is a main option and a vegetarian option with a further three options for desert consisting of yoghurt, a pudding and a piece of fruit. Milk is available with every hot meal and bread is available with every meal at Harlaxton to encourage children with higher energy needs to fill up on carbohydrate rather than sugary snacks.
- Children are encouraged by staff to wash their hands thoroughly before and after eating. Assemblies and posters above wash stations encourage children to use the correct procedure.

e. **Supporting Food Policy Through the Curriculum**

- There are many opportunities to include links to food related topics within the curriculum. This is positively promoted and encouraged. The following illustrate the cross-curricular teaching and learning opportunities presented to our children:
 - Links with 'Roots to Food as well as local Secondary Schools to promote opportunities for whole class cooking and healthy eating
- English – following and writing instructions / invitations
- Maths – sorting / classifying / weighing / measuring / estimating / costing ingredients
- Science – observing and predicting changes in materials

- History – food from different periods and civilisations
- Geography – food from different countries
- R.E. – special food / harvest / pancakes/ Chinese New Year
- PSHE – healthy eating / food and personal hygiene / working together
- P.E. – food for fitness / exercise
- Art – observational drawings of fruit
- D &T – food unit
- Foundation – Teddy Bears' Picnic / bread making and baking etc

f. Supporting Food Policy Through Extra-Curricular Activities

- Children at this school are encouraged to be aware of plant, animal and human care.
- At certain times of year, children are able to attend a gardening club. They grow a variety of plants and food crops.
- Foundation stage children have opportunity to grow vegetables and plants. They grow and consume produce such as carrots, radishes and potatoes.

g. Healthy Schools Programme

- Everyone at Denton and Harlaxton CE Schools enthusiastically embraces the opportunity to be part of the Healthy Schools Programme. As a result of participation the following improvements have been achieved:
 - Availability of water to drink / understanding of why it is good for us to drink water
 - Emphasis on food that is good for us and healthy lunch boxes and healthy hot meals
 - Additional emphasis on sport and physical activity
 - Better use of the outdoor environment and introduction of additional play equipment

Members of the school community have worked on a School Travel Plan which links with, and supports, the Healthy School Programme. This has resulted in:

- Provision of a parent waiting shelter (Denton) and bike rack (Harlaxton)
- Bikeability training
- Sustainability activities through 'eco clubs'
- Sun safety including the use of sun cream, hats and playing in the shade.

5. Health and Safety

- Basic hygiene rules are always followed when engaging children in an activity involving food preparation.
- Any such activity will not make use of any product containing nuts.
- Details of children with specific nut allergies are sought from parents and made available to all staff. First aid training has included procedures for dealing with choking children.
- Permission will be sought from parents prior to children sampling food at school either as part of a class lesson or a result of a food technology lesson.
- Appendix A is a list of Allergen information which must be available for any loose food (not pre-packaged) supplied to children. This is so that lunchtime supervisors have a list of allergens and which foods may or may not be suitable for children with allergies.

6. Monitoring and Review

- This policy will be reviewed annually and amended, as and when required, in the light of on-going government initiatives and to ensure it reflects the views of our parents.

There are 14 allergens that need to be identified when they are used as ingredients.

These are:

- cereals containing gluten, namely wheat (spelt and Khorasan wheat), rye, barley and oats
- crustaceans, like prawns, crabs, lobster and crayfish
- eggs
- fish
- peanuts
- soybeans
- milk
- nuts, namely almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew and macadamia (Queensland) nuts
- celery (and celeriac)
- mustard
- sesame
- sulphur dioxide or sulphites, where added and at a level above 10mg/ kg in the finished product. This can be used as a preservative in dried fruit
- lupin, which includes lupin seeds and flour and can be found in types of bread, pastries and pasta
- molluscs, like clams, mussels, whelks

14 ALLERGENS

coming to a food label near you

The way allergens are labelled on pre-packed foods is changing because of new regulations. The Food Information Regulation, which came into effect December 2014, introduces a requirement that food businesses must provide information about the allergenic ingredients used in any food they sell or provide.

There are 14 major allergens which need to be mentioned (either on a label or through provided information such as menus) when they are used as ingredients in a food. Here are the allergens, and some examples of where they can be found:



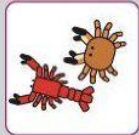
Celery / Celeriac

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in celery salt, salads, some meat products, soups and stock cubes.



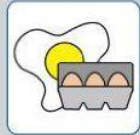
Cereals Containing Gluten

Wheat (such as spelt and Khorasan wheat/Kamut), rye, barley and oats is often found in foods containing flour, such as some types of baking powder, batter, breadcrumbs, bread, cakes, couscous, meat products, pasta, pastry, sauces, soups and fried foods which are dusted with flour.



Crustaceans

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



Eggs

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



Fish

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



Lupin

Yes, lupin is a flower, but it's also found in flour! Lupin flour and seeds can be used in some types of bread, pastries and even in pasta.



Milk

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



Molluscs

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



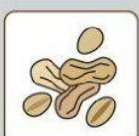
Mustard

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salad dressings, sauces and soups.



Nuts

Not to be mistaken with peanuts (which are actually a legume and grow underground), this ingredient refers to nuts which grow on trees, like cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders (often used in Asian curries), stir-fried dishes, ice cream, marzipan (almond paste), nut oils and sauces.



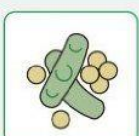
Peanuts

Peanuts are actually a legume and grow underground, which is why it's sometimes called a groundnut. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



Sesame Seeds

These seeds can often be found in bread (sprinkled on hamburger buns for example), breadsticks, houmous, sesame oil and tahini. They are sometimes toasted and used in salads.



Soya

Often found in bean curd, edamame beans, miso paste, textured soya protein, soya flour or tofu, soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products, sauces and vegetarian products.



Sulphur Dioxide (Sulphites)

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks, vegetables as well as in wine and beer. If you have asthma, you have a higher risk of developing a reaction to sulphur dioxide.

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The School Food Standards

Eating in school should be a pleasurable experience; time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden), and talk to them about what they are eating. Go to www.schoolfoodplan.com to find examples of what other schools are doing to encourage children to eat well.

Remember to use Government Buying Standards for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit two or more times each week
- At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated, each week*
- No more than two portions of food which include pastry each week*
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat*
- Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
- No confectionery, chocolate or chocolate-coated products*
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked*
- Any condiments must be limited to sachets or portions of no more than 10g or one teaspoonful*



Milk and dairy

- A portion of food from this group every day
- Lower fat milk must be available for drinking at least once a day during school hours



Meat, fish, eggs, beans and other non-dairy sources of protein

- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools*



Starchy food

- One or more wholegrain varieties of starchy food each week
- One or more portions of food from this group every day
- Three or more different starchy foods each week
- Starchy food cooked in fat or oil no more than two days each week*
- Bread - with no added fat or oil - must be available every day



Healthier drinks*

- Free, fresh drinking water at all times
- The only drinks permitted are:
 - Plain water (still or carbonated)
 - Lower fat milk or lactose reduced milk
 - Fruit or vegetable juice (max 150 mls)
 - Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
 - Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
 - Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey
 - Tea, coffee, hot chocolate
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets
- No savoury crackers and breadsticks
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

