



Broom Barns School Stevenage.

Food Policy

January 2025 to 2028

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills, hence

Feed the Body, Fuel the Mind.

Responsibilities

The Board of Governors recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. The Board also recognizes the role a school can play, as part of the larger community, to promote family health, and sustainable food and farming practices.

The Board of Governors recognizes that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

Mission

The educational mission is to improve the health of the entire community by teaching students and families ways to establish and maintain life-long healthy and environmentally sustainable eating habits. The mission shall be accomplished through food education and skills (such as cooking and growing food), the food served in schools, and core academic content in the classroom.

Aims

To improve the health of pupils, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.

To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

To ensure pupils are well nourished at school, and that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.

To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.

To make the provision and consumption of food an enjoyable and safe experience.

To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

Objectives

To work towards ensuring that this policy is both accepted and embraced by

- *Governors*
- *School management*
- *Teachers and support staff*
- *Pupils*
- *Parents*
- *Food providers*
- *The school's wider community*

To integrate these aims into all aspects of school life, in particular

- *Food provision within the school*
- *The curriculum*
- *Pastoral and social activities*

Working with the School Caterer

The school and its caterer must meet the new nutritional standards for school meals (19 May 2006) and non-school meal food provided in school. The school and its caterer now must offer the following food groups as part of the school meal:

Fruits and vegetables - these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice)

- Not less than two portions per day per child, at least one of which should be salad or vegetables, and at least one of which should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice)
- A fruit-based dessert shall be available at least twice per week in primary schools

Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)

- A food from this group should be available on a daily basis
- Red meat shall be available twice per week in primary schools, and three times per week in secondary schools
- Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks

For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein

Manufactured meat products - Manufactured meat products may be served occasionally as part of school lunches, provided that they meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers

Starchy foods - these include all bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal

- A food from this group should be available on a daily basis
- Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week
- On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available

In addition, bread should be available on a daily basis

Milk and dairy foods - includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard

A food from this group should be available on a daily basis.

Drinks - The only drinks available should be:

- plain water (still or fizzy);
- milk (skimmed or semi-skimmed);
- pure fruit juices;
- yoghurt or milk drinks (with less than 5% added sugar);

Water - There should be easy access to free, fresh drinking water.

Methods to achieve the Principles of this Policy

Establish an effective structure to oversee the development, implementation, and monitoring of this policy, and to encourage a participatory approach to meeting the objectives.

Develop an understanding and ethos within the school of safe, tasty, nutritious, environmentally sustainable food, through both education and example.

Create an environment, physical and social, conducive to the enjoyment of safe, tasty, nutritious, environmentally sustainable food.

Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.