



Food and Drink Policy – Supporting information

This paper gives information, links and resources to help you decide what to include in your policy and also phrases to populate and personalise the food and drink policy template.

Guidelines relating to food and drink

For school food:

Visit <http://www.schoolfoodplan.com/> or

<http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/393122/School_food_in_England_2015.pdf https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/547050/government_dietary_recommendations.pdf

Under Fives

Breast feeding: <https://www.unicef.org.uk/babyfriendly/>

Eating well in the first year of life:

<https://www.cwt.org.uk/wp-content/uploads/2014/07/CHEW-1stYearLifePracticalGuide.pdf>

Eating well for 1 – 4 year olds:

http://www.foundationyears.org.uk/files/2017/03/EYFS_STATUTORY_FRAMEWORK_2017.pdf

See page 28 for information about food and drink.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/early-years/>

<http://www.cwt.org.uk/wp-content/uploads/2015/02/CHEW-1-4YearsPracticalGuide3rd-Edition.pdf>

Healthy Start: <https://www.healthystart.nhs.uk/>

Other guidance you may wish to reference:

Warwickshire's Health & Wellbeing Strategy: <http://hwb.warwickshire.gov.uk/about-hwbb/strategy/>

UK Guidance on healthy eating: <https://www.gov.uk/government/publications/the-eatwell-guide>

<http://www.nhs.uk/Livewell/Goodfood/Pages/Goodfoodhome.aspx>

Sustainable procurement: <https://www.gov.uk/government/publications/sustainable-procurement-the-gbs-for-food-and-catering-services>

Food for Life : <http://www.foodforlife.org.uk>

Love Food, Hate Waste: <http://england.lovefoodhatewaste.com/>

Information about food labelling: <http://www.nhs.uk/Livewell/Goodfood/Pages/food-labelling.aspx>

Warwickshire Dietetic Service: portion sizes (Tel: 01926 495321 x4258)

Food Allergy: www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Warwickshire heartbeat award: Some of the district and borough councils across Warwickshire run an award scheme for venues with healthy menus. There is an award for people catering for the under Fives, and another for standard healthy eating provision. Contact your environmental health officer for more information.

Water and other drinks

You may wish to choose from the following statements:

- Children should have access to free and fresh tap water throughout the day.
- Children are encouraged to bring their own water bottles into their classrooms.
- **EITHER** children are allowed to drink water whenever they feel thirsty **OR** children should be encouraged to drink at appropriate times e.g. before school starts, beginning and end of breaks, lunchtimes, end of school day. **OR** children are offered a drink with each meal, midmorning and mid-afternoon breaks.



- Children who eat a hot lunch have fresh water on their tables.
- Children have access to free and fresh water on school trips.
- Water and plain milk are the only drinks that are tooth friendly, so are the best choices between meals.
- Cordial, fruit juices and fizzy drinks are acidic which can increase the risk of tooth erosion.
- The high sugar content of many drinks can also cause tooth decay. This includes pure fruit juices as well as drinks containing added sugar. If poor oral health is a particular problem you may decide only to permit plain water and plain milk as a drink.
- Other organisations may permit “no added sugar drinks” or diluted pure juice. Drinks containing an artificial sweetener should not be given to children under 3 years of age.

Breakfast

It is known that significant numbers of children do not eat breakfast before leaving home and research has shown that this impacts negatively on their ability to learn. A healthy breakfast or a breakfast club helps children have the best start to the day.

Providing food at breakfast

- Provide healthy choices for children. (Plain, wholegrain cereal with milk or natural yogurt, toast with an unsaturated fat spread, baked beans or tomatoes on toast, fruit, a drink)
- Ensure that the selection of food and drink meets national standards for school food other than lunch. Page 11 of <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- Some organisations invite parents to attend breakfast to give them a good start to the day as well as an opportunity to spend time with their children.
- Promote better attendance of pupils by encouraging them to attend breakfast clubs.

Teas, Snacks and After School Clubs

After school clubs ensure the safety and welfare of each child. They offer a varied and stimulating range of play opportunities as well as the opportunity to provide nutritious snacks after school.

Providing food for snacks and after- school clubs:

- To drink provide plain water or plain milk – the safe drinks for children’s teeth. Older children may like unsweetened tea, coffee or herbal tea.
- Provide healthy food choices for children. It is important that if snacks are offered that they are nutritious and promote good oral health (avoiding high sugar and “sticky” food and drink).
- Ensure that the selection of food and drink meets national standards for school food other than lunch. Page 11 of <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>
- Provide a range of activities at clubs such as sports and exercise to promote a healthy weight.
- Some organisations work in partnership with their local community cafes, Fareshare centres and supermarkets to provide food, so cutting the cost to parents. These organisations could also provide food to run cooking groups. .

Lunches and Free School Meals



Lunches in schools must meet the national standards. Children in Reception, year 1 and year 2 should be encouraged to have free school meals.

Lunches in nurseries should follow the guidelines set out by the Caroline Walker Trust (CHEW).

The organisation should recognise the particular value of healthy meals to children from low-income families and encourage eligible parents to apply for free school meals and the pupil premium. The system for free school meals should be actively promoted to parents by the school and a non-discriminatory process is emphasised.

Packed lunches can be provided free for children eligible for free school meals when they go on a trip.

School lunches encourage children to increase the variety within their diet and learn social and mealtime skills such as using cutlery.

Standards for school lunches

Offer:

- At least one portion of fruit and one portion of vegetables every day.
- A portion of meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day. Some organisations may also ask that nuts are not brought in if any children are allergic to these items.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Oily fish, such as salmon, at least once every three weeks.
- A drink: water, semi-skimmed or skimmed milk.

School food lunches should **not** include:

- **Snacks such as crisps.**
 - Packed lunches could contain vegetables and fruit (with no added salt, sugar or fat) instead
 - Low salt savoury crackers or breadsticks are also a good choice, as are low fat crisps.
- **Confectionery**
 - Chocolate bars, chocolate-coated biscuits and sweets should not be given as a dessert or put into lunch boxes.
 - Desserts, cakes and biscuits (not chocolate containing) are allowed at lunchtime, but not for snacks.
 - See also section on food and behaviour
- **Sugar containing cordial (squash) and fizzy drinks**
 - Offer free cold water at all times
 - The policy should describe if you permit sugar free cordials, “diet pop, diluted fruit or vegetable juice, yoghurt drinks, milk drinks, and smoothies.

Certain foods should be **limited**.

- High fat meat products such as corned beef, sausages or chipolatas can be included up to twice a week.
- Pastry items such as sausage rolls, individual pies should only be given up to twice a week.

Packed Lunches



Organisations should promote or enforce consistency between food provided and food bought in for meals. In 2009 a survey found that packed lunches were much less healthy than school lunches:

- Only 1% met the school food standards
- Over 60% contained the confectionery, sweetened drinks and savoury snacks banned in school meals

(Journal of Epidemiology and Community Health – Evans (2010), OC&C analysis)

See also:

http://journals.cambridge.org/download.php?file=%2FPHN%2FPHN14_08%2FS1368980010003605a.pdf&code=b3d7207780bbb834d990e75cf703ee45

Food and drink in packed lunches.

Best practice is that food and drink in packed lunches should meet the same standard as school meals. For more information see:

<http://www.schoolfoodplan.com/wp-content/uploads/2014/06/Checklist-for-school-lunches-140616.pdf>

You may wish to choose from the following statements:

- We will provide facilities for pupils bringing in packed lunches.
- We will ensure that free, fresh drinking water is readily available at all times.
- We will work with children, parents and carers to provide attractive and appropriate dining room arrangements.
- We will work with parents to ensure that packed lunches provide similar nutrition to the school food standards.
- As fridge space is not available, children are advised to bring packed lunches in insulated bags with freezer blocks or frozen drink to prevent food poisoning.
- We will identify a cool area where lunch bags can be stored.
- Wherever possible we will ensure that children bringing packed lunch or having food provided by us will be able to sit and eat together.
- We will inform parents if children are permitted to swap items. Swapping items may not be permitted when a child has a severe food allergy.
- The content of packed lunches will be recorded for 1 week each term (or for 1 day, five times each term) to ensure that packed lunches meet the policy.
- Special needs children may eat and drink a limited variety. We will help them implement their plan to increase this.
- School lunches are not permitted to include crisps, confectionary, sugar containing cordial and fizzy drinks, so these are not permitted in packed lunches.
- School Food standards state that certain high fat foods should be limited. For this reason, we ask that high fat meat products and pastry items should only be put into lunch boxes on [state days of the week].

For ideas for packed lunches for children and

adults: <http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

You will need to decide what you will do if parents do not comply. Will you send a leaflet informing them of the Policy? If a child regularly brings a packed lunch that does not conform to your policy then you will need to contact the parents to discuss this. If parents inform you that they cannot afford a better lunch, recommend the child tries school meals.

There is a Warwickshire Lunch box leaflet that can be used. Ask your school nurse, food for life or Changemaker contact for a copy.



Teaching about food and drink

There are many opportunities for children (and their parent / carers) to develop knowledge and understanding of healthy eating and the practical skills needed to shop, grow, prepare and cook food. It is important that staff, children and parents are provided with evidence based information and resources based on UK eating habits.

School Food Standards: <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf>

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

UK Dietary

Requirements: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/547050/government__dietary_recommendations.pdf

General information for the public on healthy eating: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

Teaching oral health messages: <http://www.dentalbuddy.org/>

Teaching about food in schools: <https://www.nutrition.org.uk/foodinschools.html>

Teaching about food – 3 years old, upwards: <http://www.foodafactoflife.org.uk/>

You may wish to choose from the following statements:

- Literacy provides pupils with the opportunity to explore poetry, persuasion, argument and narrative work using food and food-related issues as a stimulus. E.g. The Hungry Caterpillar, Charlie and the chocolate factory, Cloudy with a chance of meatballs, Stone Soup
- Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.
- Science provides an opportunity to learn about different types of food, their nutritional composition, digestion, the function of different nutrients in contributing to health and the science behind agriculture, the environment and animal welfare
- PSHE encourages pupils to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image and oral health. Pupils are able to discuss issues of interest to them, e.g. advertising and sustainable development, the food choices of different cultural and religious groups.
- Including healthy eating across the curriculum can encourage children who are fussy eaters to choose a wider variety of foods.
- The school garden will be used to teach children about growing food.
- Children will be encouraged to participate in cook and eat sessions.
- The school will hold a food market (state frequency) to provide an opportunity to learn about calculating quantities, weighing and measuring foods, advertising and healthy eating.

Food and behaviour

A relaxed but structured eating environment gives children the opportunity to learn good social skills and behaviours associated with eating and drinking.

This organisation

- Encourages social interaction at mealtimes
- Expects good manners



- Makes the eating area a pleasant environment in which to dine.
- If family style dining is used, we encourage the children to serve the food
- Encourages staff to monitor the amount of food eaten (i.e. looking at quantity, not just quality of lunch eaten: especially if there is concern about too much/too little eaten!).
- Records what the child eats and drinks each day in a diary which is returned to parents.
- In the summer (weather dependant) children may be able to eat their lunch 'picnic style' outside, in the grounds or a local park.
- Takes account of the suggestions of the diners before changing the way meals are delivered.
- To ensure consistent messages, food and drink, especially sweets, crisps and sugary drinks are **not** be used as rewards. Badges, stars, house points etc. can be used as rewards. If this is the case, you may wish to decide what to do about birthday celebrations.
 - Some organisations ask parents not to bring in birthday cake
 - Some have a birthday box and the child having a birthday picks a non-food treat from it. Parents can be asked to donate treats for the box.
 - Some organisations celebrate by singing happy birthday or having a special birthday sash or hat for the child to wear

Good Oral health

Children, staff and families will benefit from information and activities relating to good oral health. This may be a priority for settings in which children have decayed, missing and filled teeth. The key messages regarding oral health are:

1. Reduce the amount and frequency of sugary foods and drinks - only give at mealtimes.
2. Choose milk and water to drink - they're kinder to teeth.
3. Visit the dentist when the first tooth appears and then as often as your dentist recommends.
4. Brush teeth twice a day with fluoride toothpaste - last thing at night and on one other occasion.
5. Spit out; don't rinse the fluoride toothpaste away!

Evaluating your policy

You will need to identify if the policy has increased consumption of healthy food and drink or decreased consumption of less healthy food. Here are some ways you could evaluate (and promote) it:

- Albums containing photos of samples of work, breakfast choice, packed lunches before and after introduction of the policy
- Packed lunches will be regularly reviewed by teaching staff / catering staff / midday meal supervisors / pre-identified pupil packed lunch helpers (delete as appropriate).
- The content of breakfast club meals / packed lunches will be recorded for 1 week each term (or for 1 day, five times each term) to ensure that packed lunches meet the policy.
- Healthy choices will be rewarded by.... (stickers / certificates / congratulatory letters home / etc)
- Record the number of parents and pupils who do not adhere to the Packed Lunch



Policy and are given a leaflet informing them of the Policy.

Please note: pupils following therapeutic special diets or with special needs will be given due consideration.

Other References

School Food Plan: <http://www.schoolfoodplan.com/>
or <http://www.schoolfoodplan.com/wp-content/uploads/2015/01/School-Food-Standards-Guidance-FINAL-V3.pdf> for more information.

Sustainable procurement: <https://www.gov.uk/government/publications/sustainable-procurement-the-gbs-for-food-and-catering-services>

“The link between pupil health and wellbeing and attainment - A briefing for head teachers, governors and staff in education settings” produced by Public Health England and the National Association of Head Teachers see link below:

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/370686/HT_briefing_layoutvFINALvii.pdf

Composting information: <https://www.warwickshire.gov.uk/composting>

For accurate, reliable information on managing allergies in schools: www.allergyinschools.co.uk



Action Plan Template

Policy Aim		Lead	
Priority action (what are you going to do?)			
Intended outcomes (what are you hoping this will achieve?)		How we will tell people what we are doing	
Actual Outcomes (to be completed annually or at project end)		Links to other aims / action	

No.	Action	Resources needed	Who needs to know	Date for delivery	Who will do this	Progress /Date
1						
2						
3						
4						
4						
5						
6						