# QRA
# Food Policy

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| Version Number | Version Description | Date of Revision |
|---|---|---|
| 1 | Original | Sept 2023 |
| 2 | Rebranded & reviewed | July 2024 |
| 3 | Adopted by QRA on transfer to HCAT | August 2025 |
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# QRA Food Policy

## Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.  This will be achieved by a whole school approach to food and nutrition documented in this school food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4- to 18-year-olds; the 1991 Dietary Reference Values for Food Energy and nutrients for the UK, the Balance of Good Health (BGH).

## Aims

The main aims of our school 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 choices throughout the school day.

## Equal opportunities

In food and nutrition education, as in all other areas of the curriculum, we recognise the value of the individual and strive to provide equal access of opportunity for all.

## Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage through PD&RSHE, DT and science curriculum.

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Leading by example and staff training

Teachers, caterers and school nurses have a key role in influencing pupil's knowledge, skills and attitudes about food so it is important that they are familiar with healthy eating guidelines.

## Food and drink provision throughout the school day

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirements and contribute significantly to their vitamin and mineral intake.  Children are encouraged to eat breakfast before they come to school and this is promoted through the curriculum work.

The school operates a breakfast club that provides a nutritious meal for pupils who choose to come before the school day. The breakfast will vary slightly but will usually include toast, breakfast cereal, fresh fruit and no added sugar fruit juice or milk. Spreading fats are used sparingly and breakfast cereals high in sugar are not provided. A hot snack may sometimes be available.

## National nutritional standards for school lunches

The Government introduced compulsory national nutritional standards for school lunches in January 2003. These standards apply to all hot and cold midday meals prepared for pupils during term time, including packed lunches. The standards described how many servings from each food group of the Balance of Good Health should be available at lunch.

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When appropriate, the school suggests changes to the menu**.**

ISS provide our lunches via Service Level Agreements and these are subject to the guidelines set by the Government.

## National school fruit and vegetable scheme

The school is participating in the National School Fruit Scheme and provides all children between 3 and 7 with a free piece of fruit each school day.

## Use of food as a reward

The school does not encourage the regular eating of sweets or other foods high in sugar or fat. We use methods of positive reinforcement to encourage children to eat as healthily as they can. For example, stickers and other small rewards are used to promote healthy choices made by the children, like choosing a piece of fruit.

## Drinking water

The national nutritional standards for healthy school lunches recommended that drinking water should be available to all pupils, every day and free of charge.

The school agrees with this and provides a free supply of drinking water. Each class provides bottles of fresh water which children should take home daily, clean and return to school. However, pupils are encouraged to bring their own pure water.

## Food and drink brought into school

Packed Lunches Brought to School by Pupils

The school encourages parents and carers to provide children with packed lunches that adhere to these standards. This is achieved by promoting healthy packed lunch options using the principles of the Balance of Good Health.

## Growing food

The school believes that giving young people the opportunity to grow food and learn about how food is produced is an important part of a whole school approach to food and nutrition and is developing an area to support this work.

The school aims to provide the opportunity for children to get involved in growing food in the classroom as part of topics on growing/plants and animals. This is used as an opportunity to discuss the issues about how and where food is produced, as well as the importance of fruit and vegetables as part of a healthy diet.

## Special dietary requirements

Special Diets for Religious and Ethnic Groups

The school can provide food in accordance with pupil's religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch when this is requested. When necessary, the school also provides a vegan option.

Food Allergy and Food Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and request for special diets are submitted according to an agreed process.

## 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 refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements where necessary.

## Action plan

- To continue to work with ISS on developing healthy eating menus.
- To continue to consult with children, parents, staff and ISS regarding improvement in school meals and lunch boxes
- To continue use of rewards, given by lunchtime supervisors in the dining hall, as means of encouragement of healthy eating.
- To continue to provide the range of options for school meals eg baked potatoes, salad bowls etc.

## Monitoring and evaluation

There will be an annual review of the school food policy and the healthy eating approach where appropriate. Individual teachers monitor and evaluate in accordance with the school's assessment policy. The co-ordinators will also monitor work across the school through observation, planning, questioning and discussion with teachers where appropriate.