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WHOLE SCHOOL FOOD POLICY

Catering Contractor: *Chartwells from Sept. 2016*

INTRODUCTION

Our school is in the South of the borough of Merton, close to the border with Sutton. We have a diverse school community but with the majority of pupils living within walking distance of the school.

Morden Primary strives to promote a healthy and well-balanced lifestyle for all pupils and staff at the school. Part of this general well-being includes pupils being responsible for making their own educated choices regarding healthy food, both inside and outside of school. Long term health is dependent on a well-balanced diet, and good habits are established more easily with children.

SCHOOL ETHOS AND PHILOSOPHY

The school recognises the important connection between healthy eating and a pupil's ability to learn effectively and achieve high standards in school. It also recognises the role the school can play, as part of the wider community, to promote family health and develop an understanding about safe, tasty, nutritious and environmentally sustainable food. The school identifies that sharing and eating 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. This policy is accessible to the whole school community on the school website.

OUR AIM

This policy aims to ensure that all aspects of food and nutrition in school reflect Government-led standards to:

- a) Promote the health and well-being of pupils, staff and visitors to our school;
- b) Improve the health of pupils, staff, and their families by helping to influence eating habits within the community.
- c) Increase the knowledge and awareness of food issues such as an environmentally sustainable diet, hygienic food preparation and storage methods, and of food production, manufacturing, distribution and marketing practices, and their impact on both health and environment.

RECENT ACHIEVEMENTS

On-going

- Healthy eating lessons across the school, through PSHE and D&T.
- No chocolate or crisps on Mondays.
- Only water, (no juices), given with school lunches.

- Healthy food provided for breakfast club.
- Whole school involved in gardening activities – Growing fruit and vegetables, planting bulbs and seeds. All opportunities for gardening have been identified within each topic for all year groups.
- A healthy School dinner menu, which is on a 3-week rota. Therefore, children have plenty of choice.
- In good weather children with packed lunch eat outside in a picnic area.

2013 – A wheeled cooker bought to be used by all classes.

2014 – Green tickets are allocated for vegetarians

2014 – FAST (Families and Schools Together) programme allowed families to cook healthy meals and eat together.

2015 – Eco team identified ways of composting KS1 fruit in a safe way.

2015 – Eco team modified composting and eco monitors took charge.

2016 – The increased number of children having school dinners has been maintained.

2020 – Morden achieved Bronze in the Healthy School's award.

2020 – New D&T and PSHE curriculum ensures all year groups have a comprehensive knowledge about a Healthy diet and how to make the right choices.

DFE School meals - healthy eating standards (Jan 2015)

All food in schools must meet nutritional standards so that children have healthy, balanced diets. These standards are mandatory in all maintained schools, new academies and free schools, and include:

- 1 or more portions of vegetables or salad as an accompaniment every day
- at least 3 different fruits, and 3 different vegetables each week
- an emphasis on wholegrain foods in place of refined carbohydrates
- an emphasis on making water the drink of choice: limiting fruit juice portions to 150mls
- Drinking water is provided free of charge at all times on school premises
- restricting the amount of added sugars or honey in other drinks to 5%
- no more than 2 portions a week of food that has been deep fried, batter coated, or breadcrumb coated
- no more than 2 portions of food which include pastry each week

All providers of childcare and food provision in our school, who operate between 8am-6pm, have been briefed as to what foods they can provide in order to meet the standards. The school lunch menu has taken priority with respect to the standards, offering the full variety of food items permissible to be served.

In respect of the nutrient-based standards, we have had our menu independently analysed by the London Boroughs' Food in Schools Nutritionist.

Details can be found at <https://www.gov.uk/school-meals-healthy-eating-standards>