



# Nutritional Standards Policy

*Maximum Effort for Maximum Achievement*

## **Purpose**

The aims of the school include pupils being guided to lead active and healthy lives. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The Governing Body ensures that food provided in the school and advice given to pupils promotes healthy lifestyle choices.

## **Consultation**

This policy has been constructed in compliance with the published framework for the *New Food Based requirements 1<sup>st</sup> January 2015 (published June 2014)*

## **Roles and responsibilities**

*The Headteacher will ensure that* guidance is made available for staff based on the New Food Based requirements for School Lunches 2015.

Lunches served at the school conform to the requirements:

- Agreed standards for school meals are implemented.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for.

*The catering staff will promote* healthy eating in accordance with Annex 1 below.

*The Governing Body will:*

- a) Ensure that school lunches predominantly conform to the standards prescribed in the New Food Based requirements for School Lunches 2015 as published by the School Food Trust.
- b) Monitor standards relating to the provision of school meals.

## **Monitoring and Evaluation**

The Governing Body will receive annual reports from the Headteacher on the extent to which lunches conform to the regulations in terms of content, cost and provision, and the number of pupils receiving free school meals. Surveys of pupils and parents will be undertaken at regular intervals to establish the level of satisfaction with the quality of meals offered.

## **ANNEX 1 – THE STANDARDS AND GUIDANCE FOR STAFF**

The Government has reintroduced compulsory nutritional standards for school lunches. However, as an Academy the standards are not statutory although we endeavour to conform as far as possible.

The regulations apply to:

- All lunches (including free meals provided for children during term time)
- Hot and cold foods, including packed lunches, provided by the school.

Guidance is given on putting together a healthy menu, different cooking methods and how nutritional standards should be monitored.

### **Final Food Based Standards for School Lunches 2015**

#### **FOOD OR FOOD GROUPS THAT MUST BE PROVIDED**

##### **Fruit and Vegetables**

**Standard: One or more portions of vegetables or salad as an accompaniment every day**

Buttsbury: A choice of two vegetables is offered each day. A salad bar is available each day with varying choices.

**Standard: One or more portions of fruit every day**

Buttsbury: Fruit is always offered as an alternative dessert

**Standard: A dessert containing at least 50% fruit two or more times each week**

Buttsbury: The menu complies with this standard

**Standard: At least three different fruits and three different vegetables each week**

Buttsbury: Complies to this standard

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

**Standard: A portion of food from this group every day**

Buttsbury: Meat or fish are provided each day

**Standard: A portion of meat or poultry on three or more days each week**

Buttsbury: A portion of meat or poultry is served on three or more days each week

**Standard: Oily fish once or more every three weeks**

Buttsbury: The school does not comply with this standard due to very low uptake of meals containing oily fish.

**Standard: For vegetarians, a portion of non-dairy protein on three or more days each week**

Buttsbury: The menu complies with this regulation

**Standard: A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week**

Buttsbury: The menu complies with this regulation

##### **Starchy Foods**

**Standard: One or more portions of food from this group every day**

Buttsbury: The menu complies with this standard

**Standard: Three or more different starchy foods each week**

Buttsbury: The menu complies with this standard

**Standard: One or more wholegrain varieties of starchy food each week**

Buttsbury: Wholemeal bread is offered each day

**Standard: Starchy food cooked in fat or oil no more than two days each week**

Buttsbury: The menu complies with this standard

**Standard: Bread – with no added fat or oil – must be available every day**

Buttsbury: Bread is available at lunch every day – no fat or oil is provided.

### **Foods high in fat, sugar and salt**

**Standard: No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week**

Buttsbury: The menu complies with this standard

**Standard: No more than two portions of food which include pastry each week**

Buttsbury: The menu complies with this standard

**Standard: No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat**

Buttsbury: No snacks are provided

**Standard: Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food**

Buttsbury: Savoury crackers are only served with either cheese or fruit

**Standard: No confectionery, chocolate or chocolate coated products**

Buttsbury: These are not served

**Standard: Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery**

Buttsbury: Cakes and biscuits do not contain any confectionery

**Standard: Salt must not be available to add to food after it has been cooked**

Buttsbury: No salt is added during the cooking process or is available at lunch.

**Standard: Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoon**

Buttsbury: All sauces such as ketchup are served in sachets and are limited to one sachet per child

### **Milk and dairy**

**Standard: A portion of food from this group every day**

Buttsbury: Yoghurts are always available as an alternative dessert

**Standard: Lower fat milk must be available for drinking at least once a day during school hours**

Buttsbury: Semi-skimmed milk is offered as a drink at lunchtime

### **Healthier Drinks**

**Standard: 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 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water
- 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
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice.

Buttsbury: Water, milk and a nutritionally-approved combination juice drink are offered.

### **Monitoring and Review**

Policy Date: Summer 2018

Review Date: Summer 2021