



Whole School Food Policy

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment

Governor's Committee Responsibility:

Resources

Date Approved:

Autumn 2017

Review Period:

3 yearly

Next Review Date:

Autumn Term 2020

The Limpsfield Grange Values:

At Limpsfield Grange we believe in working together to make a difference.

We are a tolerant community; we accept value and understand others.

We care for all members of our community without judgement.

We are responsible for our own learning, behaviour and actions.

We accept that sometimes things go wrong. We work together to take responsibility for our mistakes and for putting things right.

We are a respectful community and we treat others as we would like to be treated, even if they have different views and opinions to our own.

We understand that good behaviour helps us to prepare for life beyond Limpsfield Grange.

We are positive and resilient. We celebrate difference in everything that we do.

We are all proud to be part of the Limpsfield Grange community.

July 2017

Limpsfield Grange Whole School Food Policy

Background and rationale

Limpsfield Grange is committed to providing an environment that promotes healthy eating and enables students to make informed choices about the food they eat. This is achieved through links to education and life skills in order to promote optimal health, to develop social skills and to ensure maximum attainment of all students. Our food policy enables Limpsfield Grange School to take full account of the revised Government Nutritional Based Standards for school lunches and the individual needs of students by developing and maintaining a shared philosophy on all aspects of food and drink. www.childrensfoodtrust.org.uk.

Ofsted states that 'inspectors will look for evidence of a culture or ethos of exercise and healthy eating throughout their entire inspection visit, in classrooms as well as in the school canteen. They will look at the food on offer and visit the canteen to see the atmosphere and culture in the dining space and the effect this has on pupils' behaviour.'

We are committed to:

- Meals that are freshly prepared on the premises, that do not use mechanically recovered meat
- Serving cakes and biscuits at mealtimes which are prepared on the premises
- Providing meals which utilize a wide range of fresh fruit, fresh and frozen vegetables daily, including a salad bar
- Limiting the amount of fat, sugar and salt content in our food

Aims of the policy

The aims of the policy are:

- To enable students to make healthy choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To provide a welcoming eating environment that encourages the positive social interaction of students and staff.

Scope

This policy applies to all students and adults at Limpsfield Grange including students, staff, parents, Governors, visitors and volunteers.

Food provision across the school day

The food provided within the school meets the mandatory Government food standards to ensure that students are eating a nutritious, balanced diet.

Break time

At break time fruit juice, milk and water are provided for the students along with cut fresh fruit.

School Lunches

All school lunches are cooked on site and to standards set by the government. A three week menu cycle is in operation, this is reviewed termly. Each day there is a hot choice, vegetarian option and salad bar. Students are encouraged to make sensible choices and a wide variety of vegetables and fruit are promoted and students are encouraged to try out new ones. Fruit and yogurts are available at every meal with other hot and cold desserts. Menus are displayed outside the kitchen and dining room and also on the school website. Salt is not available in the dining room and tomato ketchup is only available on appropriate days. Students are given free choice but guidance and support is given by staff and those students with difficulties relating to food are monitored closely. Students are encouraged to minimise the amount of food wasted.

Packed Lunches

Only a small proportion of students have a packed lunch. Guidance on packed lunches is given on the school website. Students are not permitted to consume fizzy drinks on the school site. Students eating packed lunches and school meals eat together in the dining hall. Healthy food choices form part of our Live Life Well curriculum.

Evening meals

All evening meals are cooked on site by a member of the Independent Lifeskills Supervisor and up to three students on a 6 week rota. A 3 week menu cycle is in operation and this is reviewed half termly by residential staff, the Head Chef and School Business Manager. Students are encouraged to make healthy choices from the food on offer. Yoghurts and fruit are available at every meal. Menus are displayed outside the kitchen and dining room and on the school website. As with lunchtime salt is not available and tomato ketchup is only available on appropriate days.

Monitoring of food choice

Catering staff, residential staff and the School Business Manager are responsible for overseeing food in school. They meet regularly to discuss menus and the quality of food provision. Student's views on the food provided are sought through the School Council, student questionnaires, discussions and the Residential Forum. Up-to-date records of students' medical and dietary needs are maintained and staff are aware of these needs. Students with special diets or issues relating to food and eating are carefully monitored. Individual Care Plans are created for students with food allergies. Food choices are monitored in the dining room by staff who encourage and support students in making informed choices. The School Business Manager meets regularly with the catering staff to discuss menus and types of food offered. Wastage is monitored and unpopular items are removed from the menu.

Selective Eaters

Students may be selective eaters for a number of different reasons including medical history, digestive problems, anxiety and conditions such as Autism. Some students eat a limited variety of food and often avoid certain food groups altogether. Some individuals also require food to be prepared in a certain way, specific utensils to eat the food, or a certain type of environment in which to eat food. Wherever possible the school liaises with parents and medical professionals to ensure that selective eaters eat a healthy diet.

Water provision

Students are encouraged to drink water throughout the day. They are encouraged to bring in clear water bottles and in the hot weather teachers provide water jugs and cups in the classroom. There is a water dispenser on the landing in the main building and a drinking fountain in the gym.

Curriculum

The whole school food policy will encompass healthy eating and food and nutrition education in the school curriculum to promote the health and well-being of all; primarily within Food Technology, Science and Live Life Well. Healthy eating is also addressed in the residential setting as part of the rainbow curriculum and life skills program. In the residential provision students are given the opportunity to eat out at least once per term.

Continuing Personal Development

All staff involved in any way in cookery or food preparation have undertaken a basic food hygiene course.

Partnership

We work with a number of people and groups on food issues in school including:

- School Council
- Residential Forum
- Health professionals – Diabetes nurse specialists, dietician, school medical officer and other medical professionals.

Further information:

Links to external organisations

More information on food standards and regulations is available on the Children's Food Trust website:

www.childrensfoodtrust.org.uk

The NAS website provides detailed information regarding restricted diet and overeating.

<http://www.autism.org.uk/about/health/eating.aspx>

This policy will be monitored through:

- Regular monitoring by the School Business Manager in conjunction with the catering team and the residential team
- Headteacher reports to Governors (whenever necessary)

Related policies and documents:

- Health & Safety Policy

This policy will be reviewed annually and additionally in the case of the following:

- Serious or frequent breaches of the Food Policy
- New guidance from the Department for Education
- Advice from the Police

The Governing Body of Limpsfield
Grange School adopted this policy on:

It will be reviewed on:

Signed

Dated
