

## FOOD AND NUTRITION POLICY

<b>Policy number</b>	PS24
<b>Policy name</b>	Food and Nutrition
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<b>Owner</b>	Head Teacher
<b>Review Body</b>	School Governing Body

### 1 Policy Statement

- 1.1 We are committed to providing a balanced, nutritious diet to all those who attend our school. We aim to provide children with the nutrients they need to do well at school and to help children to develop healthy eating habits.
- 1.2 A balanced diet is explained through the “eat well” plate, which can be found in appendix A.
- 1.3 The guidelines set out in the Requirements for School Food Regulations 201 will be met or exceeded. [www.gov.uk/school-meals-healthy-eating-standards](http://www.gov.uk/school-meals-healthy-eating-standards)
- 1.4 The school operates a ‘nut- free’ environment having risk assessed student’s health needs.
- 1.5 At Portfield School, it is aimed that mealtimes are social and relaxed as possible.
- 1.6 We aim to be as inclusive as possible in our catering and meal experiences, by regularly offering opportunities to experience and celebrate other cultures throughout our school year.
- 1.7 The Training Kitchen offers opportunities for students to learn new skills. Menus for learning should be planned within the curriculum programme. Cooking activities must adhere to school nutrition “Food and Nutrition” requirements to meet standards.
- 1.8 Purchasing and more advanced life skills are integral to the activities at Life Skills.

## 2 Nutrition guidelines

2.1 The school will meet the food-based and nutrient-based standards for school lunches.

2.2

<p><b>Fruit and vegetables</b></p>	<p>Fruit and /or vegetables will be made available as an option on school premises where food is provided. This includes fresh fruit, dried, or canned in water. Fruit-based desserts will have a content of at least 60% fruit by weight of the raw ingredients.</p>
	<p>Two or more portions of vegetables will be provided as an accompaniment every day. Fruit will be provided every day. Fresh fruit will not be restricted. At least three different vegetables and three different fruits will be provided each week.</p>
<p><b>Carbohydrates</b></p>	<p>At least one portion of starchy food will be provided every day. Three or more carbohydrates will be provided each week. One portion of wholegrain varieties of carbohydrate will be provided each day. Carbohydrates cooked in oil will only be provided occasionally. Bread with no added fat or oil will be available every day.</p> <p>Carbohydrates include: breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato and cassava.</p>
<p><b>Meat, eggs, beans and non-dairy sources of protein</b></p>	<p>At least one portion of meat, fish, eggs, beans and other non-dairy sources of protein will be provided each day.</p> <p>A portion of meat or poultry will be provided on at least three days each week.</p> <p>Meat or poultry products will significantly exceed the legal minimum meat or poultry content requirements, and will not contain any prohibited offal.</p> <p>Red meat includes beef, lamb, pork, veal, venison and goat. Poultry includes chicken, turkey and duck.</p> <p>Non-dairy sources of protein suitable for vegetarians include; eggs, meat alternatives made from soya beans, tofu, Quorn™, pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, and butter), chickpeas, lentils and nuts. Vegetarian options will be included as required or at least one day a week to encourage variety.</p> <p>Meat products will be homemade as far as possible but may include purchased meat sausages, burgers, individual pies (e.g. sausage rolls, cornish pasties, and pork pies). Other items will be made in our kitchen as far as is feasible including breaded or battered products (e.g. nuggets, goujons, and burgers). Ham and bacon are not classed as meat products and will not be provided for students.</p>

<b>Fish</b>	<p>Oily fish will be provided at least once every week. A portion of a non-dairy source of protein will be available three or more days each week for vegetarian students or for choice.</p> <p>White fish including pollock, hake, cooley, cod, haddock, and plaice – whether cooked alone, or in a dish such as a casserole or fish pie, or as a breaded or battered product may be provided. Oily fish including fresh, salmon, sardines, pilchards, mackerel, herring, and tuna. (not canned tuna because the omega-3 fatty acids are removed during the canning process).</p>
<b>Bread</b>	Bread with no added fat or oil will be provided on a daily basis.

<b>Deep fried foods - restricted</b>	No more than one portion of food that has been deep-fried, batter-coated or breadcrumb-coated will be provided each week. No more than two portions of food which includes pastry will be offered each week.
<b>Salt and condiments – restricted</b>	Salt shall only be available to add to food after the cooking process is complete. Condiments, such as ketchup and mayonnaise, will only be available in individual portions of not more than 10g or 2 teaspoonfuls.
<b>Snacks - restricted</b>	<p>Snacks will not be provided, except for seeds, vegetables and fresh fruit. Where dried fruit is provided it will have no more than 0.5% vegetable oil as a glazing agent. No snacks containing nuts will be provided.</p> <p>Savoury crackers, breadsticks, cakes and biscuits may be provided in moderation.</p> <p>Malt loaf, bagels, currant and fruit bread, crumpets, tea cakes and English muffins may be served at any time, as these tend to be lower in fat and sugar.</p>
<b>Confectionery</b>	<p>Confectionery such as chewing gum is not permitted in the school. Cereal bars, processed fruit bars, non-chocolate confectionery, chocolate in any form (except hot chocolate), any product containing of wholly or partially coated with chocolate and any chocolate flavoured substances (excludes cocoa powder in cakes, biscuits and puddings) may be provided occasionally. <b>Parents are asked not to provide such items in lunch boxes.</b></p> <p><b>NUT BASED CONFECTIONARY IS NOT PROVIDED AND SHOULD NOT BE BROUGHT ONTO THE SCHOOL PREMISES.</b></p> <p>Any advice should be sought from the Catering Staff or the Assistant Head for that section.</p>

<b>Desserts</b>	<p>Desserts, cakes and biscuits are provided at lunchtimes on occasion. Confectionery is not provided except for special treats and is not encouraged for packed lunches. Yoghurt or fruit-based dessert with a content of at least 50% measured by volume of raw ingredients is provided.</p> <p>Desserts may include; cereal and starch based desserts such as rice, semolina, tapioca pudding, fruit-based desserts such as jelly, fruit compote, crumbles, vegetable-based desserts such as soya-based mousse, egg-based dessert and products prepared from egg such as flans, egg custard, custard fillings in pies, meringues, dairy-based desserts such as puddings with dairy-based fillings, fruit or flavoured yoghurt or other fermented milk and/or milk products, ice cream, mousse and fat-based desserts, such as ice cream, made with vegetable fats.</p>
<b>Drinking water</b>	Fresh drinking water will be made available at all times
<b>Drinks</b>	<p>Drinks permitted during the school day are:</p> <ul style="list-style-type: none"> <li>○ Water (still or carbonated) or Milk.</li> <li>○ (Whole milk may be provided for pupils up to the end of the school year in which they attain the age of five).</li> <li>○ Fruit juice or vegetable juice which does not contain any added vitamins or minerals may be provided (no more than 150mls per person)</li> <li>○ Plain soya, rice or oat drinks enriched with calcium</li> </ul>
	<ul style="list-style-type: none"> <li>○ Plain yogurt drinks</li> <li>○ Hot chocolate (less than 5% added sugars)</li> </ul>
<b>Milk and dairy</b>	<p>A portion of dairy will be provided every day. Lower fat milk will be available at least once a day.</p> <p>All types of milk, cheese, yoghurt or fromage frais, milk-based sauces, custard (made with milk), puddings made from milk may be provided.</p> <p>Lower fat milk and lactose reduced milk. Cheese, yoghurt (including frozen), fromage frais and custard. A dairy product will be made available every day</p>
<b>Vegetarian</b>	A portion of a non-dairy source of protein will be available three or more days each week for vegetarian students or for choice.

2.3 A four-week menu cycle will be published in good time for choices to be made. This will be reviewed seasonally. Tasting new menus and experiences is part of the school approach and therefore significant festival or celebrations may be reflected in our menus particularly if this engenders a sense of inclusion of a range of cultures and is expected to fit with the curriculum development for that period.

2.4 Where students bring a packed lunch, information will be made available for parents and carers on providing a healthy and balanced diet, requesting that they respect our nut- free restrictions

- 2.5 This policy applies to food provided for school parties or celebrations, for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch or on an occasional basis by parents or pupils.

### **3 Dining environment**

- 3.1 The environment in which students eat can help to promote healthy eating. Lunch is taken in the school hall where informal socialisation is encouraged. A quiet room is also provided for smaller group eating or quiet dining.
- 3.2 During a meal, the hall or quiet lunch room will be used solely for dining. It may be adapted to meet specific needs of students; this may include more space for access or a screened area for privacy.
- 3.3 Excessive noise will be controlled during mealtimes.
- 3.4 Students will be given plenty of time to collect their meal to sit, eat and interact. Tasting of new foods will be encouraged and the menu will enable opportunities for this.
- 3.5 Staff will model table skills, manners and tidying up. Children are encouraged to thank catering staff or other students for preparing their meal or their table etc. This will be modelled by staff at all times.
- 3.6 Students will be able to see what food is available on the day as well as a “real “portion” example to enable choices. A PECs menu will be available to encourage communication of choices. Sign - along will be used by all staff throughout lunchtimes.
- 3.7 Water will be served with all meals.

### **4 Meeting specific needs**

- 4.1 As the nutrient based standards apply to lunch provision for the school as a whole, we will try to provide alternatives for individual special dietary requirements within that which is considered reasonable and safe by the school.
- 4.2 It is recognised that some students will only eat a limited range of food, others may need support or monitoring to ensure that they are eating adequate amounts. In all cases a healthy and varied diet will be promoted.  
[www.bda.uk.com/foodfacts/autism\\_food\\_fact\\_sheet.pdf](http://www.bda.uk.com/foodfacts/autism_food_fact_sheet.pdf)
- 4.3 Taster sessions and taster plates will be available regularly to encourage students to try new foods.
- 4.4 All students who have a specific diet plan will have an amber plan detailing the rationale, guidance and the plan goal. The Catering Team will be supplied with the amber plan so that they can cater for specific needs.

### **5 Food allergies, intolerances and special diets**

- 5.1 Every reasonable effort will be made to cater for pupils needs and to meet special diet needs in response to identified allergies, intolerances or other medical needs, religious or cultural diets or other reasons, such as vegetarianism.
- 5.2 Written information is required from the child's parents/carers to confirm those needs. Written confirmation of an allergy/medical need from the student's GP, dietician or medical professional is also required.
- 5.3 Catering staff can advise pupils and/or parents of the 14 different allergens which are avoided in food that is provided by or within classes held at the school.
- 5.4 Catering staff should check any product changes with food suppliers, read labels before using ingredients, and ensure allergen ingredients remain identifiable.
- 5.5 Catering staff should use a food allergen matrix to list the ingredients in all meals (see R:/Allergies)

## **6 Staff**

- 6.1 Catering staff are appropriately trained to ensure that food supplied is nutritionally balanced.
- 6.2 To maintain a positive atmosphere around mealtime and the dignity of each child, at no time will staff discuss with children their appearance, weight or any restrictive diets while in the dining room. Any issues with portions or types of food is a private matter between the key staff, parents and a student.

## **7 Food preparation as part of education**

- 7.1 Students will have regular opportunities to prepare their own food/lunches to promote life skills and independence
- 7.2 Food prepared will be appropriate to the skills of the student and relevant to real life. Healthy foods will be used and promoted and all guidelines above adhered to.
- 7.3 Origins, selection and preparation of food will be taught as a life skill.

## **8 Behaviour support**

- 8.1 Behaviour interventions to support food intake or meal time routines will be described in each student's individual guidance.
- 8.2 Any food behaviour intervention or programme will be agreed in a multidisciplinary meeting with representation from the student and parents/ carers where possible, then uploaded to Behaviour Watch.
- 8.3 Food behaviour intervention will be reviewed termly in a multidisciplinary meeting, where any changes will be agreed.

8.4 A student who throws food or creates discomfort for others at lunchtimes will be expected to leave the dining hall and will be given the opportunity to clear up at a quieter time. In this case a student's triggers and targets will be considered to encourage effective eating patterns and behaviour.

## **9 Communication**

- 9.1 Food may be used within specified programmes for developing communication skills, as set out by the Speech and Language Therapists (SLT). This will be based on a clear rationale for the use of food items. The SLT will support/monitor staff within the boundaries and guidelines specified in the programme.
- 9.2 Food portions may be augmented as part of specified skills teaching. Any programme will take into account relevant issues such as amount of food being offered, nutritional needs of the student, time of day, opinions of relevant people involved in their care and education.

## **10 Roles and Responsibilities**

- 10.1 The Head Teacher takes responsibility to ensure this policy is being implemented effectively
- 10.2 The Catering Manager / School Chef will ensure menus are prepared and compliant.
- 10.3 The School Nurse to provide support for any medical aspects
- 10.4 The Therapies Team; SLTs will ensure that communications at lunch time are effective and regularly reviewed and that advice is provided from OTs on individual equipment needs
- 10.5 The PBS Lead will provide advice on behaviour food intervention programmes
- 10.6 Teachers and Class Room Staff are required to utilise a high level of Signalong during mealtimes and any other communication requirements as well as model behaviour, manners and skills relating to meal times.

## **11 Monitoring**

- 11.1 Menus will be evaluated and revised on a quarterly basis by the named Assistant Head Teachers. Menus will be reviewed quarterly to ensure nutritional guidelines are being met and exceeded
- 11.2 If there are specific concerns regarding a student's diet a food diary may be completed

## **References:**

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