

Cottenham Primary School



Whole School Foods Policy

Dated:	Summer 2 2023
Developed by:	Standards
First Review date	Summer 2 2025

A NUTRITIONAL STANDARDS AND FOOD POLICY FOR COTTENHAM PRIMARY SCHOOL

INTRODUCTION

At CPS we are committed to giving our pupils consistent messages about all aspects of health, including food and healthy eating patterns.

AIMS

We aim to:

- ensure that food and drink provided by the school is healthy and responds to statutory guidance in relation to nutrition;
- meet the stipulated Requirements for School Food Regulations 2014;
- be allergy aware, and make the ingredients within dishes known to pupils and parents;
- ensure that we are giving consistent guidelines about food and health to pupils, by providing our pupils with the information they need to make healthy choices, encouraging the whole school community to improve eating habits, knowledge and skills in healthy eating, and making pupils aware of the consequences of food choices made now and in later in life;
- increase the take up of hot school meals and free school meals;
- provide clarity about school policy on food brought into school, e.g. packed lunches.

FOOD EDUCATION

Within the school curriculum, there are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns as well as practical skills that they need to understand where food comes from, shopping, preparing and cooking food. We follow Cambridgeshire County Council's PSHE scheme for linking curriculum learning with healthy lifestyles, for example, through: Food Technology in in all year groups; Science and PSHE units including: Health and Hygiene- Year 1/2; The Human Body- Cells and Health- Year 3; Healthy Life Styles- Year 5 and through the Physical Education curriculum.

FAMILY DINING

It is our aspiration to make dining a pleasurable, community experience for all children in our school. Children eat in mixed Year group sittings with all children taking responsibility for serving food and clearing away after it has been consumed. All children remain seated for the entirety of their sitting and are encouraged to engage in conversation with other members of the school community.

NUTRITION IN SCHOOL

DRINKS

Children should bring in a bottle of drinking water every day, and children may drink water at any time, except during assembly. Water is also served with hot lunches and freely available throughout the school day at water fountains. We do not allow any fizzy drinks, energy drinks, or glass bottles in school. As detailed below in the section 'packed lunches', pupils should not bring any other drinks with a high sugar content. For further information on appropriate drinks, please refer to <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/lower-sugar-drinks-for-kids-stop-tooth-decay>

All children are offered milk on a daily basis, in line with the Government's School Food Plan. This is provided through the Cool Milk Company, and is free of charge for all Under 5s and those children receiving the Pupil Premium Fund whose parents have given consent.

SNACKS

Children in EYFS and KS1 are provided daily with a fresh fruit or vegetable snack which they can take from their classroom at breaktimes. KS2 children are encouraged to bring in a small, healthy snack (no nuts). The NHS Change 4 Life website offers a variety of other suggestions, such as a piece of fruit, plain rice cakes or homemade plain popcorn. <http://www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx>; <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>. Crisps, chocolate bars, entire packets of biscuits, and packets of sweets are not considered to be appropriate snacks.

BIRTHDAYS

We recognise the importance of celebration on birthdays, and understand that parents often like to send in a treat to share with classmates. We would like to encourage parents to consider alternative treats to sugary items. If you would like to bring food to share, however, please give the item(s) to the teacher, in order that we can ensure due attention is paid to any allergies, food intolerances and dietary restrictions of other pupils.

HOT LUNCHES

All our school meals are freshly prepared and cooked in our on-site kitchen by our contracted caterer, Lunchtime Co. Lunch includes a daily choice of fresh fruit and vegetables. The menu is set by E&B, who plan and organise menus which are nutritionally balanced, and which cater for a variety of dietary requirements. They have ensured their food is compliant with the new Requirements for School Food Regulations 2014 which came into force on 1st January 2015. http://www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi_20141603_en.pdf

A formal food and hygiene inspection is carried out once a year (currently we hold the maximum five stars). In addition, our caterers carry out internal inspections twice yearly.

PACKED LUNCHES

Food-based standards will also apply to all packed lunches provided by the school caterer. Children may also bring a packed lunch from home. Packed lunches should be healthy in content, e.g. a wholemeal sandwich, fruit, sticks of raw vegetables. Packed lunches should not regularly include too many high-fat foods, such as pastries, chocolate, biscuits, and crisps. Again, pupils should not have drinks containing high levels of sugar. Water, or a small amount of milk or fresh juice (no more than 150ml according to daily nutritional guidelines) are acceptable drinks. Again, the NHS Change 4 Life website has some lunchbox suggestions. <http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>. The school reserves the right to contact parents if we have concerns about the contents of their children's lunch boxes.

PARTNERSHIP WITH PARENTS AND CARERS

The partnership of home and school is critical in shaping how young people behave, including where health is concerned. Parents are updated on healthy lifestyles work during school through newsletters and bulletins. Our school caterers, Edwards and Blake, regularly offer food samples for parents to try, for example during information evenings for parents/carers of new Reception pupils, parent consultation evenings, and other school events throughout the year. Parents, grandparents and carers are also invited to take up the offer of joining their child for lunch on special themed days, such as Mothers' day and Fathers' Day.

PUPIL VOICE

Commented [CL1]: E.g. launch new policy with newsletter and House theme day.

We are committed to gathering and responding to pupil views on school lunches and aspects of the school food policy via the School Council. E.g. 2017-18 School Council members were integral to the selection process for our current caterers.

ALLERGIES

The school works alongside Edwards and Blake to provide meals for children with food allergies. Please see appendix 1 and 2. A wrist band system is used to identify children with allergies on entrance to the dining hall.

USEFUL LINKS

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx>

<http://www.nhs.uk/Change4Life/Pages/healthy-snacks.aspx>

<https://www.nutrition.org.uk/healthyliving/healthydiet.html>

http://www.legislation.gov.uk/ukxi/2014/1603/pdfs/ukxi_20141603_en.pdf

This policy for School Foods has been drawn up by the Standards Sub-Committee and will be shared with E&B and members of staff for ongoing validation and feedback. The policy will be reviewed bi-annually to take account of new developments.

July 2022

Food allergies and dietary needs in school.

Protocol for keeping children safe.

Responsibilities

Parents – it is a parent’s responsibility to let school know about a child’s allergies/dietary needs. This may be on the admission form or may have been a mid year update. It should be recorded on SIMs. It is a parent’s responsibility to provide alternative snacks if they want their child to take part in sharing treats in class (eg on birthdays). They could provide a few treats in a labelled tin to be kept in school.

Staff – it is a class teacher’s responsibility to find out which children in their new class have food or other allergies. Consult admission forms, previous class teacher, SIMs, ask parents at initial consultations. Let parents know about your practise regarding birthday treats. Suggest they provide a tin with special treats for their own child if they have allergies/dietary needs.

Children – very young children rely on adults to keep them safe. As they get older they can take increasing responsibility for managing risk themselves. There is no set age when a child can/should do this.

Some simple steps to reduce risk of allergen exposure at school include:

- Take care with the choice of class snacks/treats and always check ingredients
- Do not let a child with asthma, eczema or house dust mite allergy sit on dusty carpets
- Do not allow a child with hayfever to sit near an open window in the summer
- Minimise exposure to heat sources for children with eczema
- Prevent exposure to allergens when using art and craft products.(This includes glues, paints, and old food cartons that may include food allergens)
- Take care when creating nature tables, feeding the birds, setting up role play areas with animal foods or touching visiting pets

Through early PSHE work ensure children in your class know about the importance of not sharing foods and not bringing any nuts to school. Let them know that it is important to tell someone if they feel any symptoms are starting or have eaten something by mistake.

All staff are responsible for the safety of children in their care and mustn’t give out food of any kind without checking ingredients from a reliable source.

(The school kitchen staff have their own measures for health and safety.)

Commented [CL2]: The ‘christ the sower’ school example I brought to the meeting had quite a meaty section on allergies if we want to beef it up (no pun intended)

Commented [CL3]: Awaiting feedback from E and B via TT



Allergen Policy

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1.1 Purpose

- 1.1.1 Lunchtime Co. is committed to providing a safe environment for all children and students in all schools.
- 1.1.2 Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening.
- 1.1.3 Lunchtime Company is committed to reducing the risk to students, staff and visitors with regard to the provision of food and the consumption of allergens in food which could lead to an allergic reaction.
- 1.1.4 This policy will be annually reviewed.
- 1.1.5 To promote awareness of the nature of food allergens and bring these to the attention of all consumers.
- 1.1.6 To provide clear guidance to all catering staff on their responsibilities for the provision of food to the school.
- 1.1.7 To ensure that appropriate education/training is available and implemented for any catering staff involved in providing food to customers with food allergies.
- 1.1.8 To ensure appropriate information and support is available for staff.

1.2 Allergy Labelling Legislation

- 1.2.1 From 13 December 2014, new legislation (the EU Food Information for Consumers Regulation 1169/2011) requires food businesses to provide allergy information on food sold unpackaged. There are also changes to existing legislation on labelling allergenic ingredients in prepacked foods. More information about the new European legislation can be found on the European Commission website. The new legislation only covers information about major allergens intentionally used as ingredients. They do not cover allergens present following accidental contact.

1.3 What is a food allergy?

- 1.3.1 Food allergies involve the body's immune system. The body reacts to certain allergens in food by producing antibodies, which can cause immediate and sometimes severe symptoms such as: itching or strange metallic taste in the mouth; swelling of the throat and tongue; difficulty in swallowing or speaking; abdominal cramps, nausea and vomiting; skin hives (nettle rash) anywhere on the body; and in most extreme cases difficulties in breathing and a severe fall in blood pressure (anaphylactic shock). In extreme cases this can prove fatal.

1.4 What is food intolerance?

- 1.4.1 This does not involve the immune system in the same way and is not usually as severe as a food allergy. Symptoms usually take longer and may include headaches, fatigue and digestive problems.

1.4.2 Food intolerance is harder to diagnose than a food allergy. The person with a known allergen trigger may know what food ingredient will provoke a reaction. However, they may well have eaten this food or a specific dish previously and had no adverse reaction.

1.5 Who is at risk?

1.5.1 Anybody can develop a food allergen or intolerance at any time in their life irrespective of whether they have consumed the food previously. A person with an allergy is at risk even if they consume a small amount of the food allergen.

1.5.2 The proportion of the UK population with a true food allergy is approximately 1-2% of adults and 5-8% of children which equates to around 1.5 million in the UK. In addition, about 1:100 of the UK population has coeliac disease and needs to avoid gluten.

1.5.3 Common Food Allergens

1.5.4 Listed below:

1.5.5 Cereals containing gluten, (i.e. wheat, rye, barley, oats, spelt, kamut or their hybridized strains) and products thereof • Crustaceans and products thereof • Eggs and products thereof • Fish and products thereof • Peanuts and products thereof • Soybeans and products thereof • Milk and products thereof (including lactose) • Nuts i.e. almonds, hazelnuts, walnuts, cashews, pecan nuts, Brazil nuts, pistachio nuts, macadamia nuts and Queensland nuts and products thereof • Celery and products thereof • Mustard and products thereof • Sesame seeds and products thereof • Sulphur dioxide and sulphites at concentrations of more than 10 mg/kg or 10 mg/litre expressed as SO₂. • Lupin and products thereof • Molluscs and products thereof

1.5.6 People may report allergies to other foods not on the above list. Most common in the UK are kiwi, peas, other legumes (beans etc), other seeds and other fruits and vegetables. In some cases, people only need to avoid these when raw and can have them cooked.

1.6 Responsibilities

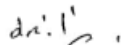
1.6.1 The Chef, or in his absence the Assistant Chef, is responsible for ensuring that any food provided for students, staff or visitors with a food allergy is appropriate for their needs.

1.6.2 The Chef will ensure that the kitchen can offer suitable alternatives for people with allergies, intolerances and coeliac disease.

1.6.3 The Chef will ensure that allergen information is provided on all food/listed in the list of 'Common Food Allergens' listed above. This information will be supplied in Allergy Data Sheets that can be easily seen by Clients and visitors. This also applies to food pre-packed such as wraps and sandwiches.

1.7 Staff Training

- 1.7.1 All chefs attend the following mandatory courses: • Food Hygiene Certificate • Level 2 Food Safety and Food Allergy Awareness (delivered internally or externally) All Catering Assistants complete Basic Food Hygiene Certificate and Food Allergy Awareness (delivered internally or externally). All training records are maintained in the HR Department. The records show annual refresher training. Casual service staff are trained on food allergy awareness and local procedures by the Chef or his/her deputy before commencing work.
- 1.7.2 All dishes produced in house are from standard ingredients from 'approved' suppliers. Any ingredient changes/supplier changes affecting standard ingredients are detailed.
- 1.7.3 Where allergenic ingredients are packaged openly/loosely, they are stored separately to reduce the risk of contamination.
- 1.7.4 Equipment/utensils used in the preparation of food for people with a food allergy are cleaned according to standard procedures (see HACCP manual). Specific areas of the kitchen are dedicated for the preparation of food for those with food allergies. These areas are sanitised before it is used to prepare food. When cooking food for people with a food allergy or intolerance the chefs wear gloves, wash hands before and in-between task preparation. All food produced for people with food allergy or intolerance are placed away from other food and protected with cling film. It is then clearly marked with the person's diet. Staff are trained to escalate any concerns a student, staff or visitor may have regarding a food allergy or intolerance to a line manager if they are unsure.



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Director

31/08/23