

Food/Healthy Eating policy guidance for schools

This document outlines **guidance** to help you develop a Food/Healthy Eating policy for your school.

A policy should be developed using a Whole School Approach and designed with school staff, pupils, parents & carers, and school governors. The policy should demonstrate how the school plans to embed food/healthy eating across the school and its learning curriculum. Policies are essential for maintaining clear leadership and they should be reviewed every 2 years to ensure they remain relevant to the school's needs.

This guidance was developed by the Leicestershire Healthy Schools Team and will be reviewed every 6 months (next review date June 2023).

Your policy should include the following information:

Introduction

- Statement of intent - A statement which clearly outlines the school's stance on food, including healthy and sustainable eating, in line with its values and vision statement, including use by school staff, pupils, parents or other staff, external partners/organisations
- Legal Framework – relevant legislation and statutory guidance i.e., The Requirements for School Food Regulations 2014, The Food Safety Act 1990, The Food Safety (General Food Hygiene) Regulations 1995 (as amended), The School Standards and Framework Act 1998, The Products Containing Meat etc. (England) Regulations 2014. As well as non-statutory guidance: DfE (2019) 'School food in England' The School Food Plan (2014) 'School Food Standards: A practical guide for schools, their cooks, and caterers'
- Roles & Responsibilities – Governors, head of school, kitchen and/or lunchtime staff, pupils all staff, parents and the wider community
- Staff training and development – training as part of all staff induction processes, specific/regular training opportunities
- Definitions, abbreviations (if applicable)
- Other linked documents and/or policies i.e., Allergen and Anaphylaxis Policy

School Dinners and Lunchtimes

- Current food-based standards – provide consistent nutritional quality based on governments food standards (including portion sizes and food groups)
- Exceptions to the school food regulations - i.e., parties or celebrations, rewards
- Catering service standards - menus will adhere to statutory nutritional standards and will reflect parents' and pupils' preferences, cultural, religious, and special dietary needs, menus made available and pricing (where applicable), cleanliness of kitchen and serving areas
- Purchasing food – reputable supplies, sourced through Leicestershire Traded Services (LTS)
- Food & Drink Safety – where food and drink will be consumed, staff consuming hot drinks, pupils accessing kitchen facilities, snacks outside of mealtimes
- Kitchen Safety – allergens, 'use by' dates, food hygiene training, checking food, cleaning standards, temperatures, cross contamination, storage
- Food hygiene – food hygiene record, checks before and after school, cleaning schedule, PPE
- Eating environment – enjoyable and sociable eating environment, encourage healthy packed lunches

Learning

- Curriculum – learning about healthy and sustainable eating, as well as the growing and farming of food are embedded into the school’s curriculum. Also, the development of knowledge around food labelling
- Cooking & growing – opportunities are given to plan, prepare, and cook healthy meals, encourage growing and cooking of vegetables in school and at home (and how often these opportunities are encouraged)

Useful links and organisations

- Food for Life - www.foodforlife.org.uk/
- Leicestershire Nutrition and Dietetic Service - [www.lnds.nhs.uk/ patientsandpublic.aspx](http://www.lnds.nhs.uk/patientsandpublic.aspx)
- Allergy UK - www.allergyuk.org/
- Weight Management Leicestershire & Rutland - www.leicestershirewms.co.uk/
- Change for life - <https://www.nhs.uk/healthier-families/>
- Diabetes UK - <https://www.diabetes.org.uk/guide-to-diabetes/your-child-and-diabetes/schools>
- NHS Better Health, Healthier Families - <https://www.nhs.uk/healthier-families/recipes/>
- The Vegan Society - <https://www.vegansociety.com/lifestyle/vegan-inclusive-education/school>

Policy review

- Review process to take place at least every 2 years.
- Review process to include whole school (e.g., school staff, pupils, parents & carers, and school governors)