



Whole School Food Policy

INTRODUCTION

Imberhorne is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. We are aware that a varied, balanced and nutritious diet protects health and promotes proper growth and development and believe that it is vital for a student's concentration and intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills. Healthy Eating is encouraged throughout the school and Imberhorne has accreditation as a Healthy School.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY CO-ORDINATOR

This school food policy and healthy eating strategy is co-ordinated by Rob Langstone and James Turner (representing Curriculum) with Jo Lee and Julie Cooper (representing Catering).

FOOD POLICY AIMS

The main aims of our school food policy are:

1. To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes
2. To ensure that all aspects of food and drink within school promote the health and well-being of students, staff and stakeholders of the school
3. To provide healthy food choices throughout the school day.

These aims will be addressed through the following areas:

1. EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

2. CURRICULUM

Work associated with healthy balanced diets will be included in the curriculum and covered specifically in sciences, food technology and personal, social and health education (PSHE) and more generally within other subjects. Imberhorne will offer a rich variety of opportunities for participatory learning with further opportunities outside the school timetable e.g. 'Imbercook' and Gardening Clubs.

All staff have a key role in influencing pupils' knowledge, skills and attitudes about food.

While valuing the contribution made by outside agencies, we believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject and are age appropriate.

USE OF FOOD AS A REWARD

The school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements; though the KS reward scheme is supported whereby 'Imberstars' can claim a lunch from the canteen. Other methods of positive reinforcement are used in school.



FEEDBACK

Regular information is given on the website and via ParentPay. Feedback from parents, students and staff is valued as is consultation with Student Form Reps.

3. FOOD AND DRINK PROVISION

Food will be available from the canteens before school (8:15-8:40), at break (11:00 – 11:20) and at lunchtime (1:20 – 2:00). It will be freshly produced on site each day and provide a balanced diet with of variety of choice. Two hot main meals (including one vegetarian option) and at least one choice from each of the following groups will be on offer at lunchtime every day:

- Starchy foods (e.g. bread, potatoes, rice, pasta)
- Fruit
- Vegetables
- Milk and dairy foods
- Meat, fish and other non-dairy sources of protein (eggs, pulses, beans, etc)

We are aware that our late lunchtime means that some students opt to take their main meal at break and a snack at lunchtime. To cater for this choice a variety of baguettes and hot snacks will be available at both break and lunchtime. Menus will be structured to provide enough energy for satisfactory growth and development and with an awareness of the important role of vitamins, iron, calcium and zinc in a healthy diet. Excess salt and sugar will be avoided and condiments will not be available. Food is oven baked and all biscuits/ cake made using reduced fat recipes.

The monthly menu will be displayed around the school, on the website and on ParentPay to enable students and parents/ carers to make informed choices.

SOURCING FOOD

Quality and freshness will be valued above price. Local suppliers will be used, wherever possible, to reduce our carbon footprint and to promote freshness of produce. It is considered important to have a personal relationship with suppliers and knowledge of their operations. Vegetables grown by the School Gardening Club will be purchased when of suitable quality and the money used to invest in more seeds, gardening equipment, etc. Certificates of conformity will be required from all meat producers.

DRINKING WATER

Drinking water will be available every day, free of charge, from water coolers sited in both canteen areas, the 6th form common room and in each staff room. In addition, bottled water, milk and fruit juice will be available every day in the chill cabinet as a purchasing option.

VENDING MACHINES

Vending machines will only be available in the 6th form area and only be accessible to 6th form students. They will be run by the Sixth Form student body in line with practice in Sixth Form Colleges

SNACKING

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet but discourages the consumption of snacks high in fat and sugar at break-time.



CASHLESS CATERING

Students in KS3/4 are not allowed to leave the premises during the school day and, since the introduction of cashless catering in November 2011, do not bring money into school. Parents top-up the student's lunch accounts via Parentpay or PayPoint and the students buy food by biometric finger-scan or card. FSM students have their daily allocation added automatically and are completely anonymous. Unused allocation is removed at day-end.

4. PACKED LUNCHES

The school encourages parents and carers to provide children with packed lunches that complement these standards. The school recognises the benefits of a well-balanced hot school meal for students and would recommend this to parents as the best option. However, should parents decide to send in a packed lunch from home, the following guidelines (based on those from British Nutrition Foundation) are recommended.

GUIDELINES

Include:

- A portion of starchy food (e.g. wholegrain bap/ bread, plain crackers, pasta or rice salad)
- Fresh fruit and vegetables
- A portion of milk or dairy food (e.g. cheese, yoghurt)
- Small portion of lean meat, fish or alternative (e.g. Quorn)
- A drink

Do not include:

- Sweets
- Crisps or equivalent
- Fizzy/ sugary drinks
- Sweet cakes
- Anything including nuts

All litter from lunch boxes brought in from home must be either put in the bins provided or taken home at the end of the school day. Parents are advised to include an ice pack as food stored at ambient temperature can, after 2-4 hours, have increased levels of bacteria. The school cannot take legal responsibility for food prepared at home and then brought into school.

5. SPECIAL DIETARY REQUIREMENTS

SPECIAL DIETS FOR RELIGIOUS AND ETHNIC GROUPS

The school provides food in accordance with pupils' religious beliefs and cultural practices

VEGETARIANS AND VEGANS

The school offers a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.



FOOD ALLERGY AND INTOLERANCE

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. All catering staff have received allergen training.

6. FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements. All staff hold at least a Level 2 Food Hygiene Certificate which is renewed every three years and recapped termly by the Catering Manager on training days.

The following procedures are in place and implemented with full records kept:

- Delivery temperatures are checked and recorded before deliveries are accepted
- All fridges and freezers have their temperature checked twice a day and recorded
- Raw and fresh foods are kept completely separate in storage
- Colour coded chopping boards/ utensils avoid cross-contamination
- Food is freshly cooked and temperatures taken and recorded (must reach over 75°)
- Food that is kept hot for service is kept above 63° on the commercial catering server units
- Commercial dishwasher (regularly serviced) used which washes at 83°
- Cloths are washed daily at 90°
- Rigorous hand washing regime

7. THE FOOD AND EATING ENVIRONMENT

The dining environment will be as pleasant as possible to encourage more leisurely eating in a social atmosphere. Catering staff will be welcoming and students are expected to be polite and to leave the area tidy.

APPROVAL and REVIEW DETAILS

Policy presented to Governing Body and approved: **23.04.15**

Due for review: **April 2016**