



**Newfield**  
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## Food and Nutrition Policy

### Responsibilities

The Governing Body recognises the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in school. In addition the role a school can play, as part of the larger community, to promote family health and sustainable food practices.

The Governing Body recognises that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity and an excellent bridge for building friendships.

### Aims:

- To improve the health of pupils, staff and their families by helping to influence their eating habits through increased knowledge and awareness of food issues, including what constitutes a healthy diet.
- To ensure that all school food served throughout the day meets the requirements for School Food Regulations (England) 2014.
- To ensure that pupils are well nourished at school and that every pupil has access to safe, tasty and nutritious food and a safe, easily available water supply during the school day.
- To ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- To make the provision and consumption of food, an enjoyable and safe experience.
- To introduce and promote practices within school to reinforce these aims and to remove or discourage practices that negate them.

### Aims to be achieved by:

- Providing a nutritionally balanced two course meal which contributes to the health of pupils and staff and promotes the benefits of healthy eating to the wider learning community.
- Adopting a whole school approach to school food.
- Increasing pupils knowledge of the benefits of healthy eating as part of a healthy lifestyle.
- Using fresh and wholesome ingredients secured locally, wherever viable.
- Ensuring that staff preparing, cooking and serving meals are suitably trained and understand the basic principles of nutrition.
- Providing facilities which are safe for staff and promote positive social interaction, allowing meals to be eaten in pleasant and safe surroundings.
- Ensuring, wherever reasonable practical, that meals meet the special dietary requirements of all pupils and staff.
- Ensure an equitable provision for those entitled to free school meals, so as to encourage maximum uptake.
- Ensuring that the 'Food Based Standards for School Lunches' and Nutrient Based Standards' are complied with.
- Ensure that fresh drinking water is readily available during the luncheon period and throughout the school day.
- Ensure that full fat milk is available for children up to the age of 5 years and lower fat milk is available children over the age of 5 years during the school day.
- Setting a pricing policy that reflects the needs of the school, staff and pupils.

## **Methods**

1. To plan according to School Food in England ( departmental advice ) 2016 and BwD 2017-2020 Eat Well Move More Shape Up strategy.
2. Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to achieving the objectives.

3. Ensure that the Food and Nutrition Policy is understood and readily available to all those involved in the health and wellbeing of pupils.
4. Integrate this policy within the Schools Development Plan and to ensure that regular performance targets are set and monitored including the uptake of paid and free meals.
5. Develop an understanding and ethos within school of safe, tasty and nutritious food through both education and example.
6. Create an environment, both physical and social conducive to the enjoyment of safe, tasty and nutritious food.