



## **Food Policy**

**Stonehill Avenue**

**Birstall**

**Leicester**

**LE4 4JG**

## Introduction

ALP will work to provide an environment that promotes healthy food and eating. We will work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment. This will be achieved by the whole school approach to food and nutrition documented in this policy.

This policy covers all aspects of food and drink at school. This Policy is adhered to by everyone involved with the teaching/serving/cooking of food/drink in school during the day. It is reinforced and respected by all staff working within the school.

The nutritional principles of this policy are based on current evidence based findings; and the 'eatwell plate' is the agreed model for ensuring a healthy balanced diet.

[www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx](http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx)

[www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material](http://www.gov.uk/government/publications/the-eatwell-plate-how-to-use-it-in-promotional-material)

## Food Policy Coordinator

ALP's school food policy and healthy eating strategy is coordinated by **Donna Hatcher** and the members of the Senior Management Team that oversees all aspects of food in school are **David Cowell and Julie Rawle**.

## ALP's Food Policy aims:

- To enable pupils to make healthy food choices.
- Provide healthy food/drink choices throughout the school day, ensuring food brought into the school is healthy.
- To ensure all foods and drink in school promotes the health and well being of pupils, staff and the visitors of our school.
- To keep everyone informed about changes to the food policy.
- To ensure staff have up to date skills, knowledge and resources to educate pupils about food.

## Learning/Teaching Methods and Resources

ALP provides a very practical hands on food and cooking education, primary pupils will work from My Food Space and associated resources created by Tutors, secondary pupils can complete a NCFE Entry Level or Level 1 qualification in Occupational Studies in the Workplace, which has the following units available:

Entry Level:

- Unit 32 - Customer Service in the Hospitality Industry
- Unit 33 - Induction to the Hospitality Industry
- Unit 34 - Basic Cooking

- Unit 34 - Basic Food Preparation
- Unit 36 - Food Hygiene and Safety

Level 1:

- Unit 24 - Basic Food Preparation and Cooking
- Unit 25 - Customer Service in the Hospitality Industry
- Unit 26 - Induction to the Catering and Hospitality Industry
- Unit 27 - Maintenance of a safe, Hygienic and secure Working Environment

They may also complete an ASDAN short course in 'Food Wise'. This gives our pupils the opportunity to plan, prepare and cook healthy meals as well as various food and hygiene related challenges. There are other short courses that ALP deliver that encourage healthy eating and well being which are covered in PSHE pathways, Personal and Social Development, Asdan BSG and Level 1 Award in Exercise Studies.

ALP has a 'Learn to Grow' project giving the pupils an opportunity to learn about the environment and where foods come from, all pupils are encouraged to take part and use their produce when cooking or food tasting. Each learner has the opportunity to grow a minimum of one fruit or vegetable of their choice from seed to product.

ALP encourages the importance of diet and exercise through pupils to take part in Physical Education and Activities. The school employs a Physical Education Coordinator who delivers physical education and puts on various activities such as Wake and Shake Sessions, School Sports day and sport and leisure opportunities.

ALP follows the enrichment calendar closely to ensure pupils have the opportunity to experience foods from the wider community, mainly connected to national 'Healthy Schools Week', but also to enrichment days that allow learners to sample foods from around the world.

ALP Leicester endeavour to involve parents and carers in our approach and are an advertcot of "Change4Life" giving us the opportunity to send resources home for parents and carers.

## **Breakfast**

ALP offers breakfast to pupils on arrival to school and encourages pupils to eat before coming to school. The school recognises breakfast as a very important meal and which provides 25% of a child's energy. Breakfast offered is - a choice of cereals, toast, fresh fruit and yogurts. Pupils are offered milk, water and dilute juices.

## **Break times and Snacks**

ALP understands that snacks can be an important part of the diet and can contribute positively towards a balanced diet.

ALP discourages the consumption of snacks with high fat and sugar at break times. However due to the challenging nature and the individual needs of our pupils this isn't always possible.

We understand that some of our pupils are in a habit of consuming foods containing high fat levels and others are in routines of eating certain (comfort) foods at break times. Food can be a trigger point for our learners behaviour. Therefore, strategies are put in place to assist a positive step towards healthy consumption. This may be done over time or making positive swaps in a young person's diet. Snacks on offer from the school at break times are wholemeal toast, fresh fruit or yoghurts.

## **Lunch Times**

All meals are prepared on site by our school cook.

ALP encourages pupils to have a hot school meal.

ALP provides two meal options each lunch time. The main meal is a healthy option and this is the option that learners are encouraged to opt for and in most cases would be provided as standard. We understand that learners may not always like this option or may have allergies or dietary requirements that mean they cannot have this option. Therefore, a second option is made available. This option is usually more simplistic but where possible remains a healthy choice. Pupils are given an option of a meat or vegetarian dish. All of the above is displayed in a written and visual menu so that learners are aware of their weekly food choices. The menu changes and a four weekly cycle. Menus are also sent out to parents/carers.

Pupils who have packed lunches are encouraged to bring a healthy lunch and ALP is happy to support parents and carers that may need guidance with providing a healthy balanced lunch. ALP strongly discourages sweets and fizzy drinks to be included in packed lunches.

Pupils have easy access to drinking water throughout the day, which is separate from the toilet area. Each of our learners are provided with a water bottle and they are encouraged to consume water throughout the school day as well as at lunch times. Sugar free dilute cordial is made available at lunch times.

There is no separate seating plan for those having hot meals and those not. ALP encourages pupils to interact and socialise at lunch times. Staff are also encouraged to socialise with and support the learners where appropriate.

Pupils are asked in surveys what meals they like and would like to see on the menus. This information is used to guide our menus.

## **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. Other methods of positive reinforcement are used in school.

## **Drinking Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge.

The school agrees with this recommendation and provides a free supply of drinking water and will encourage pupils to drink at frequent intervals throughout the day. Water is available free for all pupils at lunchtime. Water bottles are provided should pupils want to take water to classrooms so not to lose learning time going back and forth for drinks. Water bottles are individualised and kept at school, they are washed daily in the dishwasher and pupils can refill the bottles anytime during the day.

## **Special Dietary Requirements**

### **Special diets- Religious and Ethnic Groups**

ALP provides food in accordance with pupils' religious beliefs and cultural practices as required.

### **Vegetarian/Vegan Diets**

ALP offers a vegetarian/Vegan option at lunch everyday if required.

### **Special Diets- Medical**

ALP recognise that some pupils may require special diets that do not allow for our food policy to be exactly met. In this case parents are asked to make us fully aware of this.

Individual care plans are created for pupils with special dietary needs/requirements. These should document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with any particular food requirements e.g. for high-energy diets. The school cook and key staff members are made aware of any food allergies/food intolerance/medical diets and requests for these diets are submitted according to an agreed process.

Parents are given a Medical Diet School Meal Request Form if they have a child who follows a special diet and requires a school meal. (Appendix A)

Risk assessments are in place for learners with allergies.

## **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 safety and hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. Information is cascaded to everyone who is involved with food related activities in school. Food safety information is displayed where appropriate.

ALP uses 'Safer Food Better Business' to cover food safety requirements. All staff working in the school are provided with an opportunity to complete a Level 2 in Food Safety accredited through TLM. Refresher training is provided for all staff every two years or as and when needed.

## **Nut and Food Allergies**

On admission parents and carers are asked to complete a medical form which includes any food allergies pupils may have, this information is then added to the kitchen records.

ALP has 3 qualified first aiders on site who are trained on anaphylactic shock and how to administer medications in the event of an incident.

If any pupils or staff have any allergies, an individual risk assessment is completed and reviewed on a regular basis or in the event of an incident.

ALP will look at the severity of the allergy and if it is necessary a whole school ban will be put into place to keep the learner/staff safe.

All staff will be made aware of any allergies and protocols put into place.

## **Food and Eating Environment**

ALP provides a clean, sociable environment for pupils to eat their lunch and has developed healthy/welcoming aspects of the dining room environment.

We have two seating times due to the ages of the pupils ranging from 6 to 19 years.

Our primary pupils sitting is 12 - 12.30pm

Our secondary and post 16 pupils sitting is 12.45 - 1.15pm

At Lunch time all pupils have one to one support to ensure a safe, enjoyable experience at lunchtime and to encourage healthy eating. Although one to one support staff do encourage pupils to sit with each other and interact and where possible staff will step back and sit a short distance away.

## **Leading by Example and Staff Training**

Tutors have a key role in influencing pupils' knowledge, skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines.

Tutors are frequently trained and any updates around food issues in school are fed back to staff through staff meetings, emails and memos.

It is essential that staff are committed to setting an example with food in school. ALP promotes healthy eating across the board and staff set an example to pupils by ensuring lunches and snacks compliments the food culture of the school.

## **Consultation/Monitoring and Evaluation**

This policy and its impact is reviewed on an ongoing basis.

This policy is communicated to the entire school community and new families/staff, to ensure our staff/families and pupils are made aware of its importance.

Appendix A - Medical Diet School Meal Request Form

**Medical Diet School Meal Request Form**

CHILDS DETAILS

Child's Name..... Date of Birth .....

Male/Female

Address.....

..... Post Code.....

PARENT / GUARDIAN DETAILS

Contact

Name.....

Contact

Address.....

Contact Number.....

In making this request for a medical diet, I acknowledge that whilst employees of ALP will make every reasonable effort to comply with my child's dietary requirements, this is not always possible because of manufacturers' variations to food items, which are outside our control.

Signed.....

SCHOOL DETAILS

Name of

School.....

School

Address.....

School Contact..... School Year.....

DIETARY DETAILS

Details of Special Dietary

Requirements.....

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As well as requiring a special menu is your child following a (Please tick all that apply)

Vegetarian Diet

Vegan Diet

Halal Diet

Pork Free

Lamb Free

Beef Free

Fish Free

HEALTH PROFESSIONAL DETAILS PLEASE NOTE - THIS REFERRAL MUST BE SIGNED BY A HEALTH PROFESSIONAL (E.g. doctor, consultant, dietitian, school nurse, practice nurse, speech & language therapist)

Name of Doctor, Dietitian or Contact Health Professional.....

Signature of Doctor, Dietitian or Contact Health Professional.....

Address.....  
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