Rushmore Primary Whole School Food Policy

In addition to this whole school food policy there is a separate Packed Lunch Policy and a Food Allergy Policy.

Mission and Rationale

Eating and drinking well in childhood is fundamental to good health. A well-balanced diet is essential for proper growth and development and to reduce the risk of diet-related diseases in later life. The aim of this policy is to ensure that all aspects of food and drink promote the health and well-being of pupils, staff and visitors. We aim to ensure that Rushmore Primary pupils are well nourished and food provision reflects Government led standards.

Overall Responsibility for School Food

The Head teacher has overall responsibility for food in school, for policy development and for ensuring all providers on school premises are aware of the policy

People with Key Responsibilities for Food in School

School meals provision is contracted to Olive Dining. The School Business Manager is responsible for regular communication and meetings with Olive Dining representatives to ensure the smooth operation of the catering provision including monitoring the service, menus and customer feedback.

Aim of the Whole School Food Policy

To ensure that all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school. To provide consistent messages about food and health and ensure pupils have the correct information to make healthy choices.

Nutrition in the Curriculum

As part of their work with food, pupils should be taught how to cook and apply the principles of nutrition and healthy eating. Instilling a love of cooking in pupils will also open a door to one of the great expressions of human creativity. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life.

Pupils are taught to:

Key stage 1 - Use the basic principles of a healthy and varied diet to prepare dishes and understand where food comes from.

Key stage 2 - Understand and apply the principles of a healthy and varied diet. Prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques. Understand seasonality, and know where and how a variety of ingredients are grown, reared, caught and processed

Each year group attends the Hackney School of Food annually to learn key food preparation and cooking skills.

PSHE encourages pupils to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g. advertising and sustainable development.

The Eating Environment

The school provides a welcoming eating environment that is appropriate for all age groups. The younger pupil dine first before the older pupils and are accompanied by their class teacher to offer support where needed.
Teachers are aware of influence of role modelling and their presence in the dining room to monitor behaviour/noise.

Rewards and Special Occasions

Food is not used for rewards or as a present, instead we rely on praise, complimentary remarks, house points and celebration assembly certificates.
We do allow a cake or sweet policy to celebrate children's birthdays.
For exceptional events such as cultural occasions, food rules may be relaxed following consultation with the Headteacher. On these occasions, healthy options will continue to be provided and encouraged.

Quality Assurance

Catering staff have Level 2 Food Safety in Catering qualifications as a minimum and those staff offering practical cookery skills sessions will also be encouraged to achieve the same level of food safety understanding. Staff teaching nutrition will receive training to ensure a consistent approach and baseline knowledge of healthy eating.
Expert advice will be sought for matters outside of basic healthy eating issues to ensure an evidence-based approach to nutrition within the school.

School Food and Drink Provision and the 2015 School Food Regulations

The school food and drink provision meets the standards set out in the 2015 School Food Regulations.

The standards are based on the following food groups:

- Starchy food
- Fruit and vegetables
- Meat, fish, eggs, beans and other non-dairy sources of protein
- Milk and dairy
- Foods and drinks high in fat, sugar and salt
- Plus, healthier drinks

The general principle of the 2015 standards emphasises the importance of providing a wide range of foods across the week. Variety is key – whether it is different fruits,

vegetables, grains, pulses or types of meat and fish. Offering a wider range of different foods provides a better balance of nutrients.

2015 Standards for School Lunches	
Food group	**Food-based standards for school lunches**
STARCHY FOOD	One or more portions of food from this group every day
	Three or more different starchy foods each week
	One or more wholegrain varieties of starchy food each week
	Starchy food cooked in fat or oil no more than two days each week *(applies to food served across the whole school day)*
	Bread - with no added fat or oil - must be available every day
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day
	One or more portions of fruit every day
	A dessert containing at least 50% fruit two or more times each week
	At least three different fruits, and three different vegetables each week
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	A portion of food from this group every day
	A portion of meat or poultry on three or more days each week
	Oily fish once or more every three weeks
	For vegetarians, a portion of non-dairy protein three or more days a week
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, *(applies across the whole school day)*
MILK AND DAIRY	A portion of food from this group every day
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated *(applies across the whole school day)*
	No more than two portions of food which include pastry each week *(applies across the whole school day)*
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat *(applies across the whole school day)*
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
	No confectionery, chocolate and chocolate-coated products
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary.
	Salt must not be available to add to food after it has been cooked
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.

HEALTHIER DRINKS *applies across the whole school day*	**The only drinks permitted are:** • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium, yoghurt drinks • • Unsweetened combinations of fruit or vegetable juice with plain water • Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk • Tea, coffee, hot chocolate Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice

In addition to the above:

- School food other than lunch (breakfast, mid-morning break, after school club food) required to meet the revised standards.
- Menus will be made available to pupils and parents
- Vending, if to be used in the school, should adhere to government standards
- Packed lunches –guidance is sent home to parents including how packedlunches are stored and monitored
- Food provision outside of lunchtimes e.g. after school clubs and trips should meet the revised food standards

Monitoring and evaluation

The Headteacher and school business manager meet regularly with the Olive regional manager and business support manager to monitor school food choices and menu planning. The school council make suggestions regularly to ensure that meals reflect the needs of the pupils.

Meeting the needs of pupils with special dietary needs

Food allergen information relating to the 'top 14' allergens is displayed on the packaging of all food products, allowing pupils and staff to make safer choices. Allergen information labelling will follow all legal requirements that apply to naming the food and listing ingredients, as outlined by the Food Standards Agency (FSA). The catering team have attended allergen awareness training and a documented monitoring system has been established.
Parents are regularly asked to inform us if their child develops an allergy so we are able to maintain up to date and accurate records.

Links to other policies
Food Allergens Policy, Packed Lunch Policy, Behaviour Policy, Physical Activity Policy, Health and Safety Policy, Equal Opportunities and Inclusion and PSHE.

Dissemination of this policy to the whole school community will be through an update letter, the school newsletter, the school website and the school handbook.

This policy was reviewed and approved by the Finance and Resources Committee of Rushmore PrimarySchool on Friday 20th June 2025.

This policy will be reviewed in autumn 2028