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NUTRITIONAL STANDARDS & HEALTHY EATING POLICY

July 2022

Signed

Headteacher

Date: January 2026

Review date: July 2028

Signed

Chair of Governors

Date: January 2026

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Statement of intent

At Arreton St George's CE (Aided) Primary School, we know that what pupils eat and drink at school is important. We aim to have a school where the teaching and learning about food and nutrition that occurs in the curriculum fully supports, and is supported by, the provision and opportunities for eating and drinking within school.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We understand 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, and inter-generational bonds.

1. Legal framework

1.1. This policy has due regard to statutory legislation, including, but not limited to, the following:

- The Requirements for School Food Regulations 2014
- The Products Containing Meat etc. (England) Regulations 2014
- The Food Safety (General Food Hygiene) Regulations 1995 (as amended)
- The School Standards and Framework Act 1998
- The Education Act 1996 (as amended)

1.2. This policy also has due regard to guidance, including, but not limited to, the following:

- DfE 'School food in England' 2016
- The School Food Plan 'School Food Standards: A practical guide for schools their cooks and caterers' 2014

2. Roles and responsibilities

The governing body is responsible for:

- The provision of school food at Arreton St.George's CE (Aided) Primary School.
- Ensuring procedures are in place to provide school lunch for pupils where a meal is requested and the pupil is eligible for free school meals, or it would not be unreasonable for lunches to be provided.
- Deciding on the form that school lunches take, and ensuring that all lunches, and any other food or drink, meets the school food standards.
- Providing hot lunches, wherever possible, to ensure that all pupils are able to eat one hot meal a day.
- Providing free school meals to a pupil if the pupil and/or their parent meets the eligibility criteria within the Education Act 1996.
- Ensuring that all drinking water is provided free of charge at all times.
- Ensuring that all facilities provided to eat any food that pupils bring into school are free of charge.
- Providing facilities to eat food, which include accommodation, furniture and supervision, so pupils can eat their food in a safe and social environment.
- Providing lower-fat milk or lactose-reduced milk at least once a day during school hours.
- Ensuring that milk is provided free of charge to infant and benefits-based free school meals pupils.
- Providing a free piece of fruit or vegetable outside of school lunch hours for pupils between four and six years old who are eligible through the School Fruit and Vegetable Scheme.
- Making the choice to use budget to provide all KS2 with fruit/vegetables daily, to continue the good choice habits in KS1 developed through the School Fruit and Vegetable Scheme.
- Receiving regular reports on compliance with the school food standards and the take-up of school lunches, as well as the financial aspects of school food provision.
- Ensuring that there is coordination across all catering services sought by the school, in order to guarantee compliance with school food standards.

3. Current food-based standards for school lunches

3.1. Starchy food:

- One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
- Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
- A type of bread with no added fat or oil will be available every day.

3.2. Fruit and vegetables:

- One or more portions of vegetables (all types) will be available every day.
- Three or more different types of vegetables will be provided each week.
- One or more portions of fruit (all types) will be available every day.
- Three or more different types of fruit will be provided each week.
- A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.

3.3. Meat, fish, eggs, beans and other non-dairy sources of protein:

- A portion of meat, fish, eggs, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
- A portion of meat or poultry will be provided on three or more days every week.
- Oily fish will be provided once or more every three weeks.
- A portion of non-dairy sources of protein will be provided on three or more days every week.

3.4. Milk and dairy:

- A portion of cheese, yoghurt, fromage frais or custard will be provided every day.

3.5. Food high in fat, sugar and salt:

- Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school lunches.

4. Food provided as part of a school lunch or otherwise

- 4.1. Starchy food, as outlined in section 3.1 of this policy, which is cooked in fat or oil, will not be provided on more than two days each week.
- 4.2. A meat or poultry product (manufactured or homemade and meeting the legal requirements) will be provided no more than [primary schools only] once a week.
- 4.3. No meat will be provided if it contains any carcase parts, in accordance with The Products Containing Meat etc. (England) Regulations 2014.
- 4.4. No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.
- 4.5. No more than two portions of food that has been deep-fried, batter-coated or breadcrumb-coated will be provided each week.
- 4.6. No more than two portions of food which include pastry will be provided each week.
- 4.7. No snacks other than nuts, seeds, vegetables and fruit with no added salt, sugar or fat will be provided. Where dried food is provided, it will have no more than 0.5 percent vegetable oil as a glazing agent.
- 4.8. Confectionery will not be provided.
- 4.9. Salt will not be available to add to food after the cooking process is complete.
- 4.10. Condiments will only be available in sachets or individual portions of no more than 10 grams or one teaspoonful.
- 4.11. The only drinks that will be provided are as follows:
 - Plain water (still or carbonated)
 - Lower-fat milk or lactose-reduced milk
 - Fruit juice or vegetable juice of no more than 150mls per portion
 - Plain soya, rice or oat drinks enriched with calcium
 - Plain fermented milk drinks

NB. Whole milk may be provided for pupils up to the end of the school year in which they reach five-years-old.

5. Food provided otherwise than as part of a school lunch

- 5.1. Either fruit or vegetables, or both, will be available in any place on the school premises where food is provided.
- 5.2. Savoury crackers and breadsticks will not be provided.
- 5.3. Cakes and biscuits will not be provided.
- 5.4. Desserts will not be provided, other than yoghurt or fruit-based desserts.

6. Portion sizes and food groups

- 6.1. The school will use the following portion sizes and food groups for school lunches, in accordance with The School Food Plan's School Food Standards: A practical guide for schools their cooks and caterers' guidance document.

6.2. Starchy foods

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Bread	N/A	(50-70g) • 1-2 slices of medium bread • 1 small roll • 1 small or ½ large bagel • 1 small pitta • 2 6-inch wraps • 1 10-inch wrap
Potatoes or sweet potatoes	Raw	120-170g
Jacket and baked potatoes	Raw	200-280g
Other starchy root vegetables, e.g. yam and plantain	Raw	100-150g
Pasta and noodles	Dried	45-65g
Rice	Dried	33-55g
Other grains, e.g. cornmeal and couscous	Dried	40-60g
Potatoes cooked in oil or fat	Raw	70-100g
Garlic bread	N/A	20g (1 slice)

6.3. Fruit and vegetables

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Vegetables or mixed salad	Raw	40-60g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach and spring greens	Cooked	40-60g (1-2 tablespoons)
Pulses, including lentils, kidney beans, chickpeas	Dried	15-20g
	Cooked	40-60g (1-2 tablespoons)
Baked beans in tomato sauce	Cooked	50-70g (1-2 tablespoons)
Vegetable-based soup	Cooked	200-250g
Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g (1 small sized fruit with skin)
Medium-size fruit, e.g. satsumas, plums, apricots, tangerines, kiwis	Raw	50-100g (1 fruit with skin)

Small fruit, e.g. strawberries, raspberries, grapes	Raw	40-60g (10-15 fruits)
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g (½-1 tablespoon)
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (2-3 tablespoons)

6.4. Meat, fish, eggs, beans and other non-dairy sources of protein

Food type	Raw, dried or cooked	Primary-aged pupils (aged 4-10)
Roast red meat including beef, lamb, pork, veal, venison and goat	Raw	50-80g
Roast poultry including chicken, turkey, duck and other dishes made from these products	Raw	60-85g
Read meat or poultry in dishes, e.g. casseroles and pies	Raw	50-75g
Meat-based soup	Cooked	200-250g
White fish, e.g. pollock, haddock and cod, which is cooked alone or in a dish	Raw	60-90g
Oily fish, e.g. salmon, sardines and mackerel	Raw	55-80g
Fish or shellfish, e.g. tuna, salmon, mackerel and prawns, which is served in a salad, baked potato or sandwich	Cooked	50-70g
Breaded or battered fish, e.g. fish fingers, fish cakes	Cooked	55-80g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg
Meat alternatives made from soya beans, e.g. tofu	Cooked	50-70g
Pulses, e.g. beans, chickpeas, lentils	Raw	20-25g
	Cooked	50-60g (1-2 heaped tablespoons)
Vegetarian sausages, burgers and nut cutlets	Raw/cooked	50-70g
Sausages made from beef, lamb or pork	Raw	50-75g (1 sausage)
Burgers	Raw	55-80g
Scotch pies, bridies, sausage rolls, etc.	Cooked	80g
Breaded or battered shaped chicken	Cooked	50-70g

and turkey products, e.g. nuggets		
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6.5. Milk and dairy

Food type	Primary-aged pupils (aged 4-10)
Lower-fat drinking milk	150-200mls
Milk puddings and whips made with milk	100-120g
Custard made with milk	80-100g
Yoghurts	80-120g
Cheese	20-30g

6.6. Foods high in fat, sugar and salt

Food type	Primary-aged pupils (aged 4-10)
Fruit pies, sponge puddings or crumbles	80-100g
Fruit jelly (portion size excludes fruit)	80-100g
Cakes, tray bakes, muffins, scones, doughnuts	40-50g
Biscuits and flapjack	25-30g
Ice cream	60-80g
Pizza base	50-70g
Gravy	20-30g (1 tablespoon)
Savoury crackers, bread sticks	10-15g (1-2 crackers)
Condiments	No more than 10g, or 1 teaspoonful

6.7. Healthier drinks

Drink type	Primary-aged pupils (aged 4-10)
Fruit or vegetable juice	150mls
Drinking milk	150-200mls
Combination drinks, e.g. fruit juice, flavoured milk	330mls

7. Exemptions to the school food regulations

- 7.1. The Requirements for School Food Regulations 2014 do not apply to food that is provided:
- At parties or celebrations to mark religious or cultural occasions.
 - At occasional fund-raising events.
 - As rewards for achievement, good behaviour or effort.
 - For use in teaching in food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.
 - On an occasional basis by parents or pupils.

8. Healthy eating statement

- 8.1. The school will use healthier cooking methods to contribute to healthy eating, such as the following:
- Using less fat in cooking
 - Baking foods rather than frying them
 - Increasing use of fats/oils that are high in polyunsaturated fats
 - Reducing use of sugar in recipes
 - Avoiding using additional salt in cooking processes
 - Increasing the use of food items containing high amounts of fibre
- 8.2. All menus created will be in accordance with the nutritional standards outlined in section 3 of this policy.
- 8.3. The school will encourage pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise, during assemblies, PE lessons and personal, social and health education (PSHE).
- 8.4. Pupils are given the opportunity to use all their senses as appropriate to explore different foods as part of theme/subject work. Children are encouraged to prepare and taste traditional foods from their own culture and other cultures as part of the Design Technology Curriculum. Recipes are predominantly savoury and teach the children key skills such as weighing, chopping, working to a budget etc.
- 8.5. All children are encouraged to bring a water bottle to school; there are stored in classrooms and are easily accessible at all times. All cold tap water in school is drinkable. Milk is provided during the morning; free for under 5s, parents of older children may pay.
- 8.6. Packed Lunches – Information and guidance is provided to parents about healthy packed lunches. Any uneaten food is returned home so parents can see what their child has eaten whilst at school. The children are encouraged not to have chocolate, cakes, biscuits or salty snacks in their lunch box they may be included occasionally as part of a balanced meal. No sweets or carbonated drinks are permitted.
Break time snacks – should follow the guidance for packed lunches.
See appendix A – leaflet re: healthy lunch boxes and break time snacks
- 8.7. Equal opportunities – Healthy eating is for all pupils regardless of age, disability, sex, race, including ethnic origin and culture, religion or faith, ability or any special educational need. This will be taken into account when planning the healthy eating curriculum and new initiatives.

9. Catering service standards

- 9.1. Menus and prices will be clearly displayed.
- 9.2. Menus will adhere to statutory nutritional standards.
- 9.3. Menus will reflect parents' and pupils' preferences, cultural, religious and special dietary needs.
- 9.4. Parents' and pupils' feedback will be encouraged and, where possible, changes made to increase customer satisfaction.

- 9.5. The kitchen and serving areas will be kept clean and tidy at all times, both before, during and after preparation and cooking, in accordance with The Food Safety (General Food Hygiene) Regulations 1995 (as amended).
- 9.6. The catering team will be suitably trained and will have an appropriate recognised qualification in food hygiene.
- 9.7. The catering team will be clean and tidy in appearance and will be courteous to all pupils, staff and parents.
- 9.8. The catering team will adhere to the service times, start and finish, agreed within the catering contract.
- 9.9. Service times will be displayed and the service will always commence on time.
- 9.10. Pupils entitled to free school meals will be treated with sensitivity.

10. Purchasing food

- 10.1. All food items are purchased from reputable suppliers to ensure compliance with quality standards determined by the catering provider.
- 10.2. The school places stringent contractual demands on catering suppliers in support of legislative requirements and favourable trade operating practices.
- 10.3. All food products and ingredients are checked for acceptability, i.e. nutritional specifications, genetically modified organism requirements and nut ingredients.
- 10.4. All products identified as acceptable for inclusion in our range are compared for ingredient and nutritional value against set specification criteria before being incorporated into the menus.
- 10.5. The school continues to place emphasis on customer response to new products; throughout this process, the school will liaise and consult with the school community, including parents, to ensure acceptable quality.

11. Health & Safety

All activities will be in line with our School Health & Safety Policy. It is essential that staff consult the medical needs information, listing staff and children's allergies, intolerances or medical needs prior to undertaking any food activity and must seek permission/further guidance from parents if necessary.

12. Monitoring and review

- 12.1. This policy will be reviewed on an annual basis by the headteacher and governing body, or in light of any changes to relevant legislation.
- 12.2. Any changes made to this policy will be communicated to catering providers and parents, where necessary.

NOTE

This policy is to be read in conjunction with the following policies:

Health & Safety Policy

Supporting Children with Medical Conditions Policy

Teaching, Learning and Assessment Policy

Arreton St George's Primary **School**



Healthier packed lunches for children What you need to know

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to participate in learning and play at school.

Use the information in this leaflet to help make your child a healthier packed lunch.



What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients to be found in four food groups.

Starchy Food

Base each meal on a starchy food, such as bread, potato or rice. Starchy foods give energy, fibre, vitamins and minerals.

- ❖ Try different types of bread such as pitta bread, wraps, chapattis or bread rolls.
- ❖ Try other starchy foods such as pasta, cous cous or rice.
- ❖ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

Meat and Alternatives

Add some protein, for examples meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ❖ Lean meats, such as chicken, turkey or ham.
- ❖ Include oily fish, such as pilchards, sardines or mackerel at least every three weeks.
- ❖ Cheese, such as cottage cheese, edam or soft cheese.
 - ❖ Egg, such as quiche or omelette.
 - ❖ Meat alternatives such as tofu.
- ❖ Dishes containing pulses, beans or meat, for example dahl or bean salad.

Use butter, margarine, mayonnaise or salad dressings sparingly, because they can be high in fat, or use lower fat alternatives.

PACKED LUNCHES AND BREAKTIME SNACKS SHOULD NOT CONTAIN ANY FOODS WHICH CONTAIN NUTS.

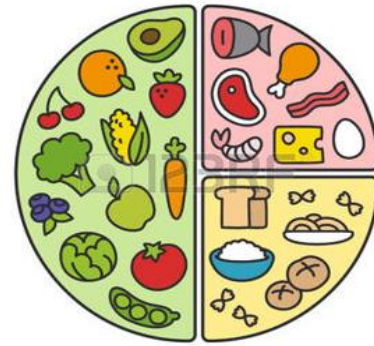
Drinks

Drinks, especially water help children to concentrate and feel well. Water is freely available in school from water coolers inside or water fountains outside.

- ❖ Only water, milk or sugar free squash should be included in the lunchbox. NO FIZZY DRINKS.
- Lots of pre-bought drinks contain a LOT of sugar!

Milk and Dairy Foods

Include a dairy product or dairy alternative, such as fromage frais or yoghurt. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.



- ❖ Lower fat varieties are healthier.

Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ❖ Add tomato, lettuce or beetroot to a sandwich.
- ❖ A vegetable dish, such as salad or roast vegetables.
 - ❖ Fresh fruit, such as apple, banana or pear.
 - ❖ Dried fruits such as raisins, apricots or figs.
- ❖ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ❖ Finger foods such as cherry tomatoes, cucumber sticks or celery. Good with a dip such as houmous or guacamole.
- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- ✓ Aim to include at least one portion of fruit and one portion of vegetable or salad.

Healthy Snack ideas

- ❖ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- ❖ Replace cakes and pastries with fruit bread or malt loaf.
 - ❖ Replace salted savoury snacks with rice cakes or breadsticks.
- ❖ **Packed lunches and break time snacks should not contain chocolate, biscuits, sweets, salted savoury snacks, fizzy drinks or sugary drinks.**

PACKED LUNCHES SHOULD NOT CONTAIN ANY FOODS WHICH CONTAIN NUTS.

Tips for a Healthy Lunchbox

- ❖ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- ❖ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ❖ Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- ❖ To keep food fresh, make sure it is stored properly.
Lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly, and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- ❖ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox.
Using different breads will make the lunchbox more interesting and enjoyable.
- ❖ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- ❖ For variety use pitta bread, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ❖ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ❖ Make a lower-fat salad dressing by mixing it with some low-fat yoghurt or semi-skimmed milk.
- ❖ Make a salad using rice, potato or pasta from the night before, mixed with vegetable, or beans.



Let the kids help
plan their lunches
for the week.

Leave your child a
fun healthy note in
their lunch box.

Switch from regular
mayonnaise to
low fat or fat-free

Steps to Success