



# Food Policy

**Approved:**

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This document provides an overview of the food policy, encompassing its aims and key underpinning principles.

Hillstone Primary is dedicated to promoting healthy eating and lifestyle choices that will last a life time. We fully adhere to the school food standards that aim to create a healthy balanced diet right across the school day from breakfast through to after school club provision. We are working towards a gold award from the "Food for Life" campaign. This campaign promotes not only the food that we serve is healthy and tasty, but the children learn where and how our food is produced.

## **Whole School approach**

The 'whole school approach' guides a healthy food culture in schools. This approach is endorsed by the head teacher, enshrined in the school development plan, and permeates the whole school experience. The approach ensures consistency: what is taught about food and healthy eating in lessons is reflected and reinforced in the daily life of the school, with the dining room becoming an extra classroom. Pupils are empowered to help guide the process, with the programme reaching out beyond the school gates into the wider community.

### **1.1 Suppliers and sourcing**

We use local suppliers for our meat, milk and vegetables reducing our food miles and also supporting local businesses. Our pork products are free range from a local butcher and we have organic meat dishes on the menu once a week. We have an organic vegetable supplier who supplies fresh fruit and vegetables every week and our local dairy supplier also provides us with local organic milk. Where possible, we use fair trade products and all our eggs are free range. We only have fish that is not on the Marine stewardship councils banned list. As often as possible, and much more frequently during late spring and the summer, we use vegetables, fruits and herbs grown by the children within our extensive on-site allotment.

All our meals are produced fresh daily, on-site in our kitchen.

### **1.2 Menus**

The menus change regularly to reflect the changing seasons and also feedback from children and parents. When produce is provided by the allotment, the chef will always incorporate the harvest into the food on offer that week.

As well as the menu items, three choices of fresh vegetables are provided as an accompaniment. There is also the option of a fully stocked salad bar, fresh fruit salad or a piece of fruit. Free organic milk and water is also provided for all children. We are meat free every Friday.

### **1.3 Dining@Hillstone**

We take the approach that healthy eating at Hillstone is not just what is served at lunchtime but the environment the children eat in. Eating together improves important social skills and personal development. Each child is looked at as an individual with different tastes and needs. Every child is given time and information about what is on offer each day. This information is available for parents on the website. The children are made aware of the choice of snack or meals they have that day by

their class teacher, the lunchtime supervisor, or the kitchen staff serving the food. They can make an informed choice; they are never rushed and are always encouraged to try new things. Staff can choose to join the children for lunch in the dinner hall, contributing to a positive social aspect of sharing meals together.

#### **1.4 Engaging parents and the community**

Parents are always welcome to sample the lunch time experience with their children and can book at the school office on the day of their choosing.

Grandparents are invited in for the Grandparents' lunch once a year for each Key stage.

We continue to develop themed days in line with popular holidays and events. Themed lunchtimes are also organised once a year for each year group around the curriculum. Family members are invited to dine with that year group on their particular day. This is also an opportunity for the children to celebrate the work they have produced around the related topic. Display boards and decorations are produced to promote the theme.

The school has a Schools Nutrition Action Group (SNAG) which meets termly to discuss all issues about food in school. The group consists of representatives of kitchen staff, teaching staff, support staff, lunch-time supervisor staff, pupils, parents and the school's allotment manager. During SNAG meetings all parties are updated about the latest developments in school and given the opportunity to raise concerns and share ideas.

We value the opinions of children and parents/carers and seek views via the website, surveys, speaking one to one, parents evening and open evenings. The views of the student council are listened to and suggestion boxes that all children and staff can use are situated in both dining halls.

#### **1.5 Involvement**

Children in key stage 2 may bring packed lunches and parents and carers are requested to provide food that is in accordance with the schools lunch box guidelines. If children do have items that are not in accordance, then they will be asked to take them home and we will replace the item with a healthy choice.

A card system is in place to help educate both parents and children about healthy choices. Healthier suggestions are made on red cards and healthy choices are celebrated on green cards.

Children who bring packed lunches are free to sit wherever they choose in the dining hall and are not restricted to a packed lunch area.

When going on an out of school activity the school can provide a healthy packed lunch on request. Other children should bring a packed lunch following the school guidelines.

#### **1.6 Snack time**

We provide snacks at break time that are healthy and different every day for 0.25p infants and 0.35 for juniors. The children have a choice of a fresh piece of fruit; the snack prepared by the chef that day, or a bag of dried fruit. They then select from fresh apple or orange juice as a drink. In KS2, children enjoy their snack whilst watching Newsround. In KS1, snack is shared alongside a story.

## **1.7 Food for Life**

Food for Life brings schools and their surrounding communities together around the core ethos of healthy, tasty and sustainable food. The programme is about more than just food on the plate; it considers where food comes from and how it's grown, cooked and experienced. A good food culture is about understanding how food is grown, learning about sustainability, making connections with health and the impact we make on the environment, and caring about what we eat and how it was produced or reared.

We feel the more the children understand about where their food comes from, how it is farmed and processed, how it is cooked and eaten, then the more we can build a good food culture, and educate future generations to respect their food, their health and their wider environment.

As part of our Food for Life campaign, we have established a link with Southfields Farm, a local working farm based in Coleshill. The premise behind the link is to provide the children with the opportunity to explore the 'farm to fork' trail; where their food comes from, how it is cooked and how this informs their food choices. Currently, year 1 visit the farm twice a year as part of their curriculum. During Autumn 2 as part of their 'Animals' and then again in Summer 1 within their 'How does your Garden Grow?' topic. They witness life on a farm during two different seasons and establish an early understanding of where our food is sourced. Building on this, it is planned that this cohort will then visit the farm again during year 3 as part of their 'Green Fingers' learning. Eventually, each child attending Hillstone will have the opportunity to visit a working farm.

## **1.8 Design and Technology – Cooking and Nutrition**

As part of their work with food, pupils in Key Stage 1 and 2 are taught how to cook and apply the principles of nutrition and healthy eating. Through their Design and Technology projects we hope to develop a love of cooking and also teach a crucial life skill that will enable children to feed themselves and others affordably and well, now and in later life.

At Key Stage 1 children should learn to use the basic principles of a healthy and varied diet to prepare dishes and understand where food comes from.

At Key Stage 2 children should be taught to understand and apply the principles of a healthy and varied diet. They will learn to prepare and cook a variety of predominately savoury dishes using a range of cooking techniques. The children will also develop their understanding of seasonality and know how ingredients are grown, reared, caught and processed.

Each year group will undertake one food based Design and Technology project during the year which will help develop the skills listed above and also support the topic being covered by that class.

In the Foundation Stage children will take part in cooking activities which relate to their current topic or in response to child initiated play. Their experiences will help them to develop their

understanding of good hygiene practises, safe use of equipment and that a healthy varied diet is important for good health.

The food based projects carried out across Key Stage 1 and 2 school are as follows:

Year 1- "**Healthy Fruit Picnic Snack**" e.g. fruit kebabs, fruit salad, fruit yoghurt

Topic link: We Love Shard End

Year 2 - "**Healthy Savoury Dip/Snack** " e.g. humous, cous cous, yoghurt and herb dip

Topic link: Good To Be Me

Year 3 - "**Breakfast/Cereal Bar for a busy family**" e.g. granola bar, oat bar

Topic link: Out Of The Box

Year 4 - "**Egyptian Bread**" e.g. Eygptian flat breads

Topic Link: The Curse Of The Egyption Mummy

Year 5 - "**High Energy Vegetarian Pasta**" using Greek ingredients such as, olives, feta cheese

Topic Link: Greece/Olympics

Year 6 - "**Savoury Midnight Feast/Travel Snack**" for residential trip e.g. wraps, samosas, spring rolls, tortilla

Topic link: Learning Away (Woodlands)

### 1.9 Extra-curricular activities

A cookery club is run after school in Key Stage 2 throughout the year. Healthy foods are made by the children and these recipes are sent home at the end of the club to encourage the children to try making them again at home.