



SEVENOAKS
PREPARATORY SCHOOL

FOOD & NUTRITION POLICY

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SUMMARY:

The school continues to recognize the important connection between a healthy diet and a student's ability to learn effectively but also understands the role a school can play to promote family health and encourage a healthy lifestyle.

Our policy continues to be based on a "whole school" approach to food that covers not just healthy eating via food provision within the school but by teaching children about relevant food associated subject areas within the curriculum. We have also worked to ensure that our policy is ongoing and accepted and embraced by the Governors, Headmaster, Teaching Staff, Catering Teams and by our pupils, and parents.

To support our policy additional facilities are now being built to house brand new dining and kitchen facilities. These new facilities will enable us to put into practice many of the ideas and projects that we have wanted to embrace and have not had the space or equipment to do so. In addition we have employed a catering consultancy with whom we will work in partnership.

PROVISION

We currently have 2 school kitchens and 2 catering teams – one for the Prep School serving 230 children and staff and the other in the Pre-Prep serving 130 children and staff. Food provision applies to Pre-Prep morning break snack, Prep and Pre-Prep lunch, Pre-Prep Little Oaks Club and Prep Tea.

In February 2006 School lunch standards were investigated . There were and are still no published guidelines or food standards for independent schools so we chose to investigate standards issued by respected independent lobby groups the Caroline Walker Trust and Soil Association and the Government - via the School Food Trust (DFES) / School Meals Review Panel (29th September 2005) and Education(Nutritional Standards and Requirements for School Food (England) Regulations 2007) No 2359. See appendices for details of regulations

Based on the standards above

1. we provide a hot lunch, cooked on site from fresh seasonal ingredients and provide teas that make a positive contribution to the nutrient needs of the children.
2. we use local, seasonal produce where possible that is consistent with sustainable development principles
3. we use organic and free range food where possible and can trace heritage of our meat
4. we ensure that food is available for all children through to the end of lunchtime
5. we ensure that food meets the medical and ethical requirements of pupils as such we operate a strict "no nuts policy"

6. we provide access to free fresh drinking water during the school day.

We do not use GM ingredients or serve food that contains mechanically retrieved or formed meat. We keep processed food to a minimum and levels of salt, sugar and additives low. We have removed a number of E numbers associated with behavioural issues in children that are banned in countries outside of the UK.

Colourings	E102, E104, E107, E110, E120, E122, 123, E124, E128, E131, E132, E133 ,E151, E154, E155
Flavourings / enhancers	E621, E635d
Sweeteners	Aspartane E951 , Acesulfame K E950, Sodium Saccharine E594
Preservatives	E211, E213 – E227, E250, E251

Where possible all children eat the food that is on offer each day but food related allergies and other conditions mean that this cannot always be done. The weekly menus are posted on the website so parents are aware of the food being served throughout the week and can bring in meals for their children when necessary. The kitchen staff are aware of the food requirements of each child and serve food appropriately. There is a dedicated allergy contact in the kitchens who is always available for consultation. Given the dangers of nuts to a growing number of children the school is a “nut free zone”. There are no nuts in any food produced by the school kitchens or in the increasingly small amount of food brought externally. This applies to all food provision including lunches, teas and match teas for both children and parents.

In summary we provide good home cooked food from scratch based on the guidelines above

As well as improving our menus we made our menus more accessible especially to Prep School parents (who do not accompany their children into their classrooms) and children:

- Our food policy guidelines are included in our school literature and
- have been outlined in the weekly newsletter to parents.
- The weekly menus are posted outside both kitchens and on the school website where many parents, especially those of children with special requirements can access and discuss the weekly menu with their children.

School staff sit with children at mealtimes, choose from the same food selection as them and encourage appropriate social skills.

CURRICULUM

We offer children the opportunity to give their opinions and take part in decision-making about school food. They are heavily involved in the choice of menus – via

feedback, questionnaires and direct approach – their views are taken seriously and menu choices altered accordingly. Taster days and small portions of new foods are available for children to experiment with food that may be new to them.

There are many areas of the curriculum that overlap with our Food / Nutrition Policy and these areas can be found in the relevant schemes of work in the subjects of Science, PSHE, Geography, Design and Technology - including Food Technology.

We would like our pupils to acquire skills and practical experience in food and nutrition during their school career so they are better able to eat well when they become independent. Specifically they are taught about healthy eating and are given practical experience in cooking, budgeting for food, shopping, menu planning and food storage and handling. Our new facilities will enable us to be more proactive in this area (see below)

Many theme days have been supported by our kitchen staff including Spanish Day, Roman Day, Halloween, Master Chef, Harvest Festival etc

To reinforce the healthy eating message and in support of many curriculum areas our children grow food in their own vegetable patch in the Pre Prep garden, they harvest the crops when possible and the kitchen staff use the freshly grown vegetables to prepare lunches. A gardening club is available as an after school activity.

FACILITIES / STAFF

We will continue to develop the school's facilities and premises, as well as ensure our catering teams are trained to highest standards to implement our policy.

Facilities:

Brand new kitchen and dining facilities were opened in June 2009 in line with Government policy. The dining room is 13.5m x 7m able to accommodate 250+ children and the new kitchen 8m x 6m able to cater for the whole school role of 380 children if necessary.

Catering Staff:

After a project headed by the school bursar - on 15th August 2008 the school appointed Thomas Franks, a contract catering company based in Banbury, Oxfordshire to support us. Thomas Franks was chosen because their approach mirrors our ethos.

Thomas Franks take full responsibility for all aspects of food provision for school lunches, school teas, sports teas and internal and parent events and support us in the areas of:

- staffing & training
- health & safety

- sourcing food
- menu planning

APPENDICES

APPENDIX 1 - TARGETS

There are no independent school food provision targets so, to ensure best provision we looked at food standard targets from several sources:

- a) DfES / School Food Trust (SFT) / School Meals Review Panel (SMRP)
- b) Caroline Walker Trust – CWT
- c) Soil Association

The SMRP were asked by the Govt to look into school lunches following Jamie Oliver and other campaigns. They produced a report with 35 recommendations - amongst these recommendations were 9 food based standards and 15 nutrient recommendations (from CWT). The School Food Trust (SFT) a non departmental government body funded by the DFES was set up in 2005 was given the remit of looking at the SMRP recommendations and turn them into policy. The DfES reported on this policy on 19th May 2006. The DfES outlined 3 sets of standards:

1. Interim Food based standards compulsory for all state schools in 2006.
2. 15 Nutrient based standards compulsory for Primary schools from 2008, Secondary from 2009. These specify the proportion of 15 nutrients that children should receive from school lunch within a week.
3. 9 Food based standards compulsory for Primary schools from 2008, Secondary from 2009.

This is now replaced with Education(Nutritional Standards and Requirements for School Food (England) Regulations 2007) No 2359 but based very heavily on above.

The Caroline Walker Trust is dedicated to the improvement of public health through good food. Established in 1988 a major part of their work is to produce expert reports which establish nutritional guidelines for vulnerable groups - including children and older people. The nutrient standards agreed by the SFT are based on the work of the CWT as are many of their recommendations.

The Soil Association is an independent, non profit making organisation – and well respected environmental group. They campaign and educate on a wide variety of food related issues and have a particular interest in school food. These 3 working groups worked closely to produce the following standards.

Nutritional Standards for School Lunches and Other School Food. Final Decisions on the Report of the SMRP on School Lunches and the advice of the SFT on other school Food. Source SFT 19/5/06. DFES .Excerpt from Full Report

There will be 2 sets of standards for school lunches:

- a. Food based – this defines the types of food that children and young people should be offered in a school lunch and their frequency and
- b. Nutrient-based which will set out the proportion of nutrients that young people should receive from a school lunch.

Interim food based standards for school lunches from September 2006 (Primary, Secondary and Special Schools)

Fruit and Vegetables	Not less than 2 portions a day – at least one of which should be salad or vegetables and at least one fruit.
Meat Fish and Other non dairy sources of protein	On the school menu daily. Red meat twice a week in Primary schools. Fish once per week in Primary schools. Oily fish shall be on the menu at least once every 3 weeks.
Manufactured Meat Products	Served occasionally as long as they are: - not beneath the legal minimum meat content levels - not “economy burgers” - do not contain offal such as brains, lungs, rectum etc
Starchy Foods	On the school menu daily. Fat or oil shall not be used in the cooking process of starchy food on more than 3 days per week. Bread should be available daily.
Deep Fried Products	No more than 2 deep fried products in a week
Milk and Dairy Foods	A food from this group should be available on a daily basis
Drinks	Only water (still or fizzy), skimmed or semi skimmed milk, pure fruit juices, yoghurt and milk drinks with less than 10% added sugar or combinations of these like smoothies
Water	Easy access to free, fresh chilled drinking water
Salt / Highly salted condiments	Not available at lunch tables or at service counter
Confectionary / savoury snacks	Should not be made available. Only savoury snacks available should be nuts and seeds with no added salt or sugar.

Nutrient –Based standards for school lunches from September 2008 (Primary Schools) and September 2009 (Secondary and Special Schools)

This table summarises the proportion of nutrients that children and young people should receive from a school lunch. The figures are for required nutrient content of an average lunch over five consecutive school days.

Energy	30% of the estimated average requirement *
	No more than:
Fat	35% food energy
Saturated fat	11% food energy
Non milk extrinsic sugars	11% food energy
Sodium	30% SACN ** recommendation
	No less than:
Total Carbohydrate	50% food energy
Fibre	30% of calculated reference value
Iron	40% RNI***
Zinc	40% RNI
Calcium	40% RNI
Vitamin A	40% RNI
Vitamin C	40% RNI
Folate	40% RNI

* EAR Estimated Average Requirement- the average amount of energy or nutrients needed by a group of people.

** SACN Scientific Advisory Committee on Nutrition.

*** RNI Reference Unit Intake

Food based standards for school lunches from September 2008 (Primary Schools) or September 2009 (Secondary and Special Schools)

Fruit and Vegetables	Not less than 2 portions a day – at least one of which should be salad or vegetables and at least one fresh fruit.
Oily Fish	On the school menu at least once every 3 weeks
Manufactured Meat Products	Served occasionally as long as they are: - not beneath the legal minimum meat content levels - not “economy burgers” - do not contain offal such as brains, lungs, rectum etc
Bread	Should be made available on a daily basis
Deep Fried Products	No more than 2 deep fried products in a week

Drinks	Only water (still or fizzy), skimmed or semi skimmed milk, pure fruit juices, yoghurt and milk drinks with less than 10% added sugar or combinations of these like smoothies
Water	Easy access to free, fresh chilled drinking water
Salt / Highly salted condiments	Table salt should not be made available. If made available condiments should be available only in sachets.
Confectionary / savoury snacks	Should not be made available at lunch time. Only savoury snacks available should be nuts and seeds with no added salt or sugar.

Nutrient –Based standards for school food. Source: The Caroline Walker Trust and National Heart Forum. Dr Helen Crawley.

Average nutrient intakes which menus should supply over a period of a week:

	Nutrient intake 5-11 yrs / 11-18 yrs
Energy	557 k cals
	No more than:
Fat	21.6 g / 25.2 g
Saturated fat	6.8 g / 7.9 g
Non milk extrinsic sugars *	16.3g / 18.9 g
Sodium	600 mg / 710 mg
	No less than:
Total Carbohydrate	74.2 g / 86.1g
Fibre	4.5g / 5.1 g
Protein	8.5g / 13.3 g
Iron	3.5 mg / 5.9 g
Zinc	2.8 mg / 3.7mg
Calcium	220 mg / 400mg
Vitamin A	200 ug /250 ug
Vitamin C	12 ug / 14.6
Folate	60 ug / 80ug

EXAMPLE MENUS

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>European Languages Day</p> <p>Beef Bourguignon</p> <p>Spanish Omelette</p> <p>SEASONAL VEGETABLES</p> <p>Snack Option Pasta Alfredo</p>	<p>Creamy Chicken Korma With Rice & Poppadoms</p> <p>Or</p> <p>Oriental Vegetable Stir Fry</p> <p>SEASONAL VEGETABLES</p> <p>Snack Option Pasta Served with a Choice of sauce</p>	<p>Slow Roasted Loin of Pork with Apple Sauce</p> <p>Or</p> <p>Oven Baked Sweet stuffed half a Pepper</p> <p>SEASONAL VEGETABLES</p> <p>Snack Option Jacket Potato Served with Salad and a choice of fillings</p>	<p>Mild Mexican Chilli served with spicy Potato Wedges</p> <p>Or</p> <p>Cheese, Onion & Potato Cakes</p> <p>SEASONAL VEGETABLES</p> <p>Snack Option Pasta Served with a Choice of sauce</p>	<p>Crispy Coated Fish served with Tartar Sauce</p> <p>Or</p> <p>Butchers Hot Dog</p> <p>SEASONAL VEGETABLES</p> <p>Snack Option Jacket Potato Served with Salad and a choice of fillings</p>
Daily Salad Bar	Daily Salad Bar	Daily Salad Bar	Daily Salad Bar	Daily Salad Bar
<p>Dessert</p> <p>French Fruit Tartlets</p> <p>Or</p> <p>Fresh Fruit Salad</p> <p>Or</p> <p>Whole Fruit</p> <p>Or</p> <p>Plain or Fruit Yoghurt</p>	<p>Dessert</p> <p>Crumble & Custard</p> <p>Or</p> <p>Fresh Fruit Salad</p> <p>Or</p> <p>Whole Fruit</p> <p>Or</p> <p>Plain or Fruit Yoghurt</p>	<p>Dessert</p> <p>Homemade Cookie</p> <p>Or</p> <p>Fresh Fruit Salad</p> <p>Or</p> <p>Whole Fruit</p> <p>Or</p> <p>Plain or Fruit Yoghurt</p>	<p>Dessert</p> <p>Luscious Lemon Cake</p> <p>Or</p> <p>Fresh Fruit Salad</p> <p>Or</p> <p>Whole Fruit</p> <p>Or</p> <p>Plain or Fruit Yoghurt</p>	<p>Dessert</p> <p>Banoffee Pie</p> <p>Or</p> <p>Fresh Fruit Salad</p> <p>Or</p> <p>Whole Fruit</p> <p>Or</p> <p>Plain or Fruit Yoghurt</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausage plait	Mild Chicken Korma	Picnic Lunch	Roast Gammon	Crispy Coated Fish <i>served with</i> <i>Chips & Peas</i>
SEASONAL VEGETABLES	SEASONAL VEGETABLES	With Homemade Pizza	SEASONAL VEGETABLES	
Daily Salad Bar	Daily Salad Bar	Daily Salad Bar	Daily Salad Bar	Daily Salad Bar
Dessert Iced Sponge Or Fresh Fruit Or Plain or Fruit Yoghurt	Dessert Fruit Salad & Cream Or Fresh Fruit Or Plain or Fruit Yoghurt	Dessert Orange Shortbread Or Fresh Fruit Or Plain or Fruit Yoghurt	Dessert Fruit Pie & Custard Or Fresh Fruit Or Plain or Fruit Yoghurt	Dessert Fruit Flapjack Or Fresh Fruit Or Plain or Fruit Yoghurt