



DOROTHY BARLEY JUNIOR ACADEMY SCHOOL FOOD POLICY



Other related policies:

All Staff/Pupil Well-Being Policies
PE & Health Promotion Policy
Healthy Schools London
accreditation
Links with our local Food
Education Partnership and TastEd.

Policy devised November 2018

Updated September 2026

Next review: September 2027

1.0 INTRODUCTION & POLICY STATEMENT

Dorothy Barley Junior Academy is dedicated to promoting healthy lifestyles and providing an environment that promotes healthy eating, enabling pupils to make informed choices about the food they eat. This will be achieved through a whole school approach to food and nutrition documented in this policy. We recognise the importance of children's health and their well-being outcomes and work alongside other agencies to support national and local public health priorities e.g. reducing obesity, NCMP and Healthy School initiatives.

2.0 POLICY AIMS

The main aims of our school food policy are:

- To enable pupils to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.

3.1 ADDRESSING POLICY AIMS

These aims will be addressed through the following areas:

3.2 Equal opportunities

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

3.3 The curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

The school follows the National Curriculum which states that Healthy Eating must be taught in Science and Design and Technology (D&T).

Science – Pupils study a range of topics that provide an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise. Children's learning about living things includes growing plants.

Design and Technology (DT) – Pupils are encouraged to discover new foods through curriculum based tasting sessions. The opportunity to learn about where food comes from is taught in each year group through practical work with food, including growing food plants in science, preparation and cooking of mostly savoury dishes and designing and making food products.

This is supported through:

Cross Curricular Links

Physical Education (PE) - Pupils to be made aware of the importance of a healthy diet and to recognise the links between healthy diet and physically activity for both their short term and long term wellbeing.

Personal, Social and Health Education (PSHE) – Encourages young people to take responsibility for their own health and wellbeing, 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.

Religious Education (RE) – Pupils experience and learn about different foods through celebration of a range of religious festivals and cultural events.

Links may also be made with other outside organisations e.g. restaurants or supermarkets.

Specific curriculum opportunities at the school are:

As a school we take the following steps to ensure that Healthy Eating is taught across the curriculum. This includes:

- Spiritual and Cultural Week – Pupils taste different foods from different cultures.
- Healthy Eating week – Pupils are made aware of the importance of a healthy diet and physical activity.
- Food tasting linked to different topics such as China, World Food and World War One.
- Gardening club.
- Trips to outside organisations such as Tesco and Warburtons.

4.1 TEACHING ABOUT HEALTHY FOOD CHOICES

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and practical work with food. These decisions are made at teachers planning meetings.

4.2 Resources

Resources for the teaching of healthy eating have been selected to complement the delivery of the curriculum in subject areas.

The range of materials used is available for review on request to the Headteacher. Books on Healthy Eating are available for pupils in the library.

4.3 Extra-curricular activities

The school aims to provide a gardening club to give additional opportunities for children with an interest in this area.

5.1 FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

We aim to provide a service that is consistent with our teaching of Healthy Eating, thus enabling pupils to put into practice their learning. All food provided to pupils during the school day meets the School Food Standards which became mandatory in all maintained schools, academies and free schools from January 2015. These can be found at (Appendix1).

5.2 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school operates a breakfast club that provides a nutritious meal for pupils before the school day. Costs are kept low to encourage good uptake and subsidised or free places are available for targeted children.

The school's breakfast club meets the School Food Standards and has the following on the menu:

- bagel
- low sugar cereals
- toast
- fruit
- milk
- water

5.3 School Lunches

The school aims to provide pupils with the opportunity to eat a healthy, balanced meal. The food is prepared by the Local Authority catering team and meets the School Food Standards for school lunches. Pupils are encouraged to have

a school meal provided by the catering service and free school meals are provided to all pupils who are entitled to them. Healthy options are promoted at lunchtime.

Examples of our Lunch Menu can be found on the school website

5.4 A sugar smart school

As a school we take the following steps to ensure that we are contributing to the reduction of sugar intake of pupils and their families:

- Packed lunch policy and regular audits.
- A sugar themed lesson during Healthy Eating Week making use of Change4life resources for an assembly and lesson plans.
- Promoting oral health in Science lessons.
- Display boards of the amounts of sugar in a range of drinks compared with maximum daily sugar intake.

5.5 Drinks

The School Food Standards 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 at lunch times to children that eat school meals and packed lunch. Water is poured for each child at lunchtime and can be refilled upon request.

Drinking water is freely available all day to every child. The children have plentiful water fountains. Children are encourage to being in their own water each day. Children having packed lunch must not bring carbonated drinks.

Milk is also available for all pupils daily at lunch time.

5.6 Packed Lunches

The school encourages parents and carers to provide children with packed lunches that complement the School Food Standards. This is achieved by promoting healthy packed lunch options and the Packed Lunch Policy (Appendix 2).

5.7 Special Events

Food provided for special events e.g. Headteacher tea party is a representative of a healthy diet and encourage pupils to make balanced choices. Food is not used as a reward system.

5.8 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.

5.9 Snacks

In line with School Food Standards, whilst no snacks are provided at any time during the school day, all pupils are encouraged to bring in fresh fruit for a snack at breaktime.

6. PROMOTING HEALTHY EATING MESSAGES THROUGH THE SCHOOL ENVIRONMENT

All staff have a duty to support the promotion of healthy eating at school.

6.1 Role of Staff

It is the responsibility of those involved in health promotion at school to:

- Ensure that all staff and parent/carers are informed about the healthy eating policy, and that the policy is implemented effectively.
- Ensure that all staff are given sufficient training, so that they can teach and work effectively with pupils.
- Liaise with external agencies regarding the healthy eating education programme and ensure that all adults who work with children on these issues are aware of the school policy and work within this framework. Liaise with Caterers.
- Monitor teaching and learning about healthy eating.
- Oversee the content of the curriculum maps to ensure that all pupils have the opportunity to learn about healthy eating.
- Encourage positive role models amongst all staff.

6.2 Role of Parents/Carers

The school is aware that the primary role model in children's healthy eating education lies with parents/carers. We wish to build a positive and supportive relationship with the parents/carers of children at our school through mutual understanding, trust and co-operation. In promoting this objective we will:

- Inform parents/carers about the school healthy eating education policy and practice.
- Inform parents/carers about the best practice known with regard to healthy eating so that the parents/carers can support the key messages being given to children at school.
- Discuss with parents/carers how we can jointly support their child if s/he is not eating much at lunchtimes.

6.3 Role of Governors

The governing body is responsible for monitoring the healthy eating policy. The governors support the Headteacher in following guidelines from external agencies. Governors inform and consult with parents/carers about the food policy as required.

6.4 Quality of the Environment

The eating environment and the social aspects of meal times

Meal times provide opportunities for children to learn about and try new foods, and to develop their social skills.

The school aims to make the dining area user friendly by ...

- Monitoring noise levels
- Giving the opportunity to eat food without being rushed
- Having appropriate furniture, seating, 'real' plates and trays
- Staff supervision
- Appealing presentation
- Providing positive messages about food

7.1 SPECIAL DIETARY REQUIREMENTS

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices. The catering service offers a halal option at lunch each day.

7.2 Vegetarians and Vegans

The catering services offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option.

7.3 Food allergy and intolerance

School catering staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. The school does not allow nuts and staff supervise packed lunches to ensure children are not bringing nuts into school.

8.0 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 hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

9.0 MONITORING AND EVALUATION

The school will evaluate the impact of the whole school food policy by feedback received from pupils, teachers and parents and governors. This policy will be reviewed annually.

10.1 REVIEW

Date policy implemented: November 2018

Review Date: September 2027 in line with all other school policies

Appendix 1:

Guidance

School food standards practical guide

Updated 17 November 2025

Applies to England

Contents

1. [The standards for school lunch](#)
2. [School food other than lunch](#)
3. [How to increase the iron, zinc and calcium content of meals](#)
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Eating in school should be a pleasurable experience. These school food standards are designed to help children develop healthy eating habits, and ensure that they have the energy and nutrition they need to get the most from their whole school day. It's important to cook food that looks good and tastes delicious.

Staff should talk to children about what is on offer, and recommend dishes, to reduce queuing time. Food should be served in a pleasant environment where children can eat with their friends.

As a general principle, it's important to provide a wide range of foods across the week. Use fresh, sustainable and locally sourced ingredients (best of all, from the school vegetable garden) and talk to the children about what they are eating.

The food-based standards specify which types of food should be served at school

and how often.

Remember to use [Sustainable procurement the government buying standards](#) alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

A child's healthy, balanced diet should consist of:

- plenty of fruit and vegetables
- plenty of unrefined starchy foods
- some meat, fish, eggs, beans and other non-dairy sources of protein
- some milk and dairy foods
- a small amount of food and drink high in fat, sugar and salt

The standards for school lunch

Use the [checklist for school food lunches](#).

Starchy foods

Starchy food is an important source of energy and B vitamins. Flour is fortified with iron and calcium. Wholegrain varieties of bread and pasta are good sources of fibre, which is important for a healthy digestive system.

Starchy foods help children feel full, so they are less likely to snack on foods high in fat, saturated fat, sugar or salt.

You should include:

- one or more portions of food from this group every day
- 3 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 2 days each week (applies across the whole school day)
- bread - with no added fat or oil - must be available every day

You can:

- use wholegrain varieties of starchy foods
- try using a 50:50 mix for pasta and rice
- use at least half wholemeal or granary flour when making bread, puddings, cakes, biscuits, batters and sauces
- use different types of bread and look for products with higher fibre

Do not add salt to water when cooking pasta, rice and other starchy foods. Instead, add flavour to the main dish by using herbs, spices, garlic and vegetables.

Fruit and vegetables

Getting children to eat more fruit and vegetables is vital for good health. Introducing children to a wide variety of fruit and vegetables establishes healthy eating habits for life, reducing the risk of heart

disease, stroke and some cancers.

Fruit and vegetables are a good source of essential vitamins and minerals. They are also often a good source of fibre.

Fruit and vegetables add colour, flavour and variety to meals.

You should include:

- 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 2 or more times each week
- at least 3 different fruits and 3 different vegetables each week

You can:

- make sure your meal deals always contain at least one portion of vegetables and one portion of fruit
- provide at least 2 different coloured vegetables and fruits each day
- buy fruit and vegetables that are in season
- choose canned products in water or natural juice, with no added salt or sugar
- steam vegetables or boil them in a minimal amount of water
- display fruit and vegetables prominently and attractively
- talk to the children to encourage them to try new vegetable and fruit dishes
- using produce from the school garden is a great way to encourage children to try new vegetables and fruit
- price a portion of fruit so that it is cheaper than a dessert
- add lots of vegetables into composite dishes such as Bolognese or chilli con carne

Pulses count as vegetables. However, if you are serving pulses as a non-dairy protein for vegetarians, you will need a separate vegetable serving

as well.

Do not serve baked beans more than once a week and choose low-sugar and low-salt varieties.

Milk and dairy

Dairy foods are a rich source of energy, protein, calcium, vitamin A and riboflavin.

You should include:

- a portion of food from this group every day
- lower fat milk, which must be available for drinking at least once a day during school hours

You can:

- offer frozen yoghurt as an alternative to ice cream
- buy low-sugar varieties of milkshakes and yoghurt drinks. You could make them yourself using fruit to sweeten them

Hard cheeses such as cheddar tend to be higher in saturated fat than softer cheese. When using hard cheeses, choose stronger-tasting varieties and use smaller amounts.

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

Foods from this group provide protein and essential minerals, including iron and zinc.

Oily fish provides omega-3 fatty acids, which are beneficial to health, and vitamins A and D.

You must include:

- a portion of food from this group every day
- a portion of meat or poultry on 3 or more days each week
- oily fish once or more every 3 weeks
- for vegetarians, a portion of non-dairy protein on 3 or more days each week
- a meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools (applies across the whole school day)

You can

- ensure vegetarian meals are as varied as the rest of the menu by using pulses twice a week, soya, tofu, or mycoprotein-based meat substitute once or twice each week, and eggs and cheese once or twice each week
- encourage all children to have a meat-free day each week, using alternatives such as pulses, soya mince, tofu and mycoprotein-based meat substitute
- visit the [Marine Stewardship Council](#) for advice on buying responsibly sourced fish

Be aware that canned tuna is not an oily fish as the omega-3 fatty acids are destroyed in the canning process.

Foods high in fat, sugar and salt

Foods from this group are often high in energy (calories) but provide few other nutrients.

Reducing saturated fat intake can help reduce the risk of heart disease. Eating unsaturated fats instead, which are found in foods such as oily fish, nuts and seeds, and sunflower and olive oils, can help lower blood cholesterol.

Too much salt can encourage a taste for salty foods, potentially leading to high blood pressure in later life.

High sugar intake provides unnecessary calories and can lead to weight gain and tooth decay.

You should include:

- no more than 2 portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week (applies across the whole school day)
- no more than 2 portions of food which include pastry each week (applies across the whole school day)
- savoury crackers or breadsticks, which can be served at lunch with fruit, vegetables or dairy food
- desserts, cakes and biscuits but they must not contain any confectionery

You should avoid:

- snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)
- confectionery, chocolate or chocolate-coated products (applies across the whole school day)

You must not provide salt to add to food after it has been cooked (applies across the whole school day).

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful (applies across the whole school day).

You can:

- choose mono- and poly-unsaturated fats, such as rapeseed,

soya, sunflower and olive oils, wherever possible for cooking or salad dressings

- avoid products that list partially hydrogenated fat or oil on the label
- use higher fibre ingredients, such as wholemeal flour, in addition to, or instead of, white flour
- reduce the amount of sugar used in dishes
- use fresh or dried fruit to sweeten dishes
- ask suppliers for nutritional information and read food labels to check the amount of fat, saturated fat, salt and sugars in their products
- use herbs, spices, garlic, vegetables and fruits to add flavour to dishes instead of salt
- choose biscuits, cakes and pastries that are lower in fat, saturated fat, sugar and salt

Do not use flavour enhancers such as MSG or E621. These can be very high in sodium.

Healthy drinks

Water should be the default drink for every child. The more it is offered, the more readily they will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain, and can cause tooth decay.

Free, fresh drinking water must be available at all times.

The only drinks permitted are:

- plain water (still or carbonated)
- lower fat milk or lactose reduced milk
- fruit or vegetable juice (maximum 150mls)
- plain soya, rice or oat drinks enriched with calcium
- plain fermented milk (for example yoghurt) drinks
- combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- 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, all with less than 5% added sugars or honey
- tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.

You can:

- provide jugs of fresh tap water together with cups or glasses on tables and at the serving counter
- consider installing a water cooler which uses tap water, or water fountains in the dining room and around the school encouraging the use of refillable bottles

- provide drinks that are unsweetened, unfortified and additive-free
- avoid drinks containing preservatives, flavourings, colourings and sweeteners

School food other than lunch

Many of the food-based standards apply to food served throughout the school day, including breakfast, midmorning break and after school clubs, as well as from vending machines and tuck shops.

Use the [checklist for school food other than lunch](#).

As with the other food standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.

For guidance around the breakfast club early adopters scheme, please use [Breakfast clubs early adopter guidance for schools and trusts in England](#).

Starchy foods

You should not serve starchy food cooked in fat or oil more than 2 days each week (applies across the whole school day).

You can serve:

- potatoes
- rice
- pasta
- bread (although these are restricted if cooked in fat or oil)
- malt loaf
- fruit bread

Porridge is a great breakfast food. Use fruit to sweeten if necessary. Otherwise, choose fortified breakfast cereals with higher fibre and low or medium sugar content. Avoid cereals with lots of

added sugar and salt.

Fruit and vegetables

Fruit and vegetables should be available in all school food outlets.

You can serve:

- pots of sliced or chopped fresh fruit
- fruit kebabs
- vegetable sticks with dips
- salad shaker pots

Milk and dairy

Lower fat milk must be available for drinking at least once a day during school hours.

You can serve lower fat natural (plain) yoghurt and plain lower fat fromage frais, and add fruit to sweeten

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

You cannot serve a meat or poultry product (manufactured or homemade and meeting the legal requirements) more than once each week in primary schools, and twice each week in secondary schools (applies across the whole school day).

You can serve:

- a variety of sandwiches and wraps
- muffin fillings or toast toppings, such as eggs, houmous, sliced meat, poultry, fish, canned fish, baked beans
- tortillas
- fajitas
- burritos
- quesadillas
- enchiladas
- omelette
- Spanish omelette
- frittata

Foods high in fat, sugar and salt

You should not serve:

- more than 2 portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week (applies across the whole school day)
- more than 2 portions of food which include pastry each week (applies across the whole school day)
- snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)
- savoury crackers or breadsticks
- confectionery, chocolate and chocolate-coated products (applies across the whole school day)

- cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

You must not provide salt to add to food after it has been cooked (applies across the whole school day).

Condiments should be limited to sachets or portions of no more than 10 grams or one teaspoonful (applies across the whole school day).

Foods high in fat, sugar and salt are restricted or not permitted at times other than lunch.

Healthy drinks

This applies across the whole school day.

Free, fresh drinking water must be available at all times.

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; plain fermented milk (for example yoghurt) drinks
- combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)
- 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, all with less than 5% added sugars or honey
- tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be

at least 45% fruit or vegetable juice.

How to increase the iron, zinc and calcium content of meals

Research shows that some children in the UK are not getting enough iron, zinc and calcium in their diets to support their rapid growth. Here are some ways to boost their intake of these important minerals.

Starchy foods

Iron:

- wholemeal bread
- fortified breakfast cereals

Zinc:

- wholegrain and wheat germ breads
- plain popcorn

Calcium:

- bread (except wholemeal)
- bread-based products

Fruit and vegetables:

Iron:

- pulses, for example. chickpeas, lentils, beans (not green beans)
- dried apricots
- raisins

Calcium:

- dried figs

Milk and dairy foods

Zinc:

- cheese

Calcium:

- milk
- yoghurt
- cheese
- milk-based desserts for example custard
- soya drinks enriched with calcium

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

Iron:

- lean red meat for example, beef, lamb
- soya beans
- pulses, for example chickpeas, lentils, beans (not green beans)

Zinc:

- lean red meat for example, beef, lamb, pork
- dark poultry meat

- oily fish for example, canned sardines, pilchards, mackerel
- mycoprotein-based meat substitute
- peanuts, ground nuts, almonds
- sesame seeds

Calcium:

- canned sardines or pilchards, drained and mashed up with the bones
- tofu (soya bean)

Managing food allergies and intolerances

Food allergies or intolerances must be taken seriously.

Schools and caterers should work closely with parents to support children with medical needs, allergies or intolerances. Please read the [allergy guidance for schools](#).

Procurement and government buying standards

The following resources are available to caterers and cooks to help them source their food responsibly.

[Sustainable procurement: The Government Buying Standards for food and catering services](#) set clear technical specifications to assist with buying food and catering services.

Buy seasonal and local food. As well as often being more sustainable in production, it can build greater awareness of local produce and build stronger links with local food suppliers. You can find out more about [local and sustainable food at Sustain](#).

Choose fish from verifiably sustainable sources, and ideally [Marine Stewardship Council \(MSC\)](#) certified.

Reducing food waste can save money and time and be a great way to get pupils involved.

Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:		
Food group	Food-based standards for school lunches	Standard met (Y/N)		
		Week 1	Week 2	Week 3
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	-	-	
	Only 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, (applies across the whole school day)	-	-	
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery	-	-	
	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 <i>applies across the whole school day</i>	Free, fresh drinking water at all times	-	-	
	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; plain fermented milk (e.g. yoghurt) drinks - Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) - 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.	-	-	

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.



Dorothy Barley Packed Lunch Policy

Food and Drink Brought Into School And Parent Engagement



Packed lunches:

1. Packed lunches should be brought into school in suitable named lunch boxes
2. We encourage parents to provide healthy well-balanced packed lunches.

For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:

Minimum of 1 portion of fruit and 1 portion of vegetables everyday
 Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat
 Oily fish at least once every few weeks (e.g. sardines, salmon)
 Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
 A dairy product - milk, cheese and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified
 Water or milk (semi-skimmed or skimmed) as a drink

LIMIT:

Processed meat products such as sausage rolls, pies, sausages etc
 Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
 Fruit juice: no more than 150mls per day

DO NOT INCLUDE:

Salty snacks such as crisps
 Sweets and chocolate
 Sugary soft drinks

For more information and practical tips for children aged 5 years and above: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

In addition:

- Our school website provides ideas for healthy packed lunches.
- Packed lunches are monitored daily and parents are informed if a packed lunch doesn't meet the above requirements and how to take the steps towards providing a healthy packed lunch.
- Every year group has a packed lunch trolley where the packed lunches are stored.

- We ensure that pupils who bring packed lunch sit and eat together with school lunch pupils.
- In addition to this every child is encouraged to bring a 'sports bottle with pop up lid' of water to school each day.

3. In order to reduce waste, food waste and packaging waste, and to ensure that parents are aware of their children's daily food intake, all left over food and packaging from school packed lunches must return home with the children.

To reduce the overall waste produced by school packed lunches, it is recommended by the schools Eco Team that parents endeavour to achieve the following principles:

Reduce

Cut down on packaging and food by purchasing fresh produce items

Avoid plastic bags

Avoid cling film

Avoid aluminium foil and pre pack food when ever possible



Reuse

Reuse shopping bags

Packed lunch in reusable containers

Use refillable drink bottles

Avoid single use juice cartons

Avoid can and pouches whenever you can



Recycle

Recycle paper bags

Recycle plastic bottles

Recycle plastic bag



Appendix 3:

DOROTHY BARLEY JUNIOR ACADEMY SCHOOL FOOD PLAN GUIDANCE/ACTION PLAN

Action	Lead person accountable for the action	Time Scale Start and End dates	Training/CPD needs
Catering staff to ensure there is a mix of familiar and new foods for the children, and that they encourage children to experiment. (recognition stickers for healthy choices)	LBBD	Each day- stickers from Autumn Term onwards	None
Use local and seasonal suppliers, and ensure this is advertised to the chn and parents.	LBBD	To research Spring Term and implement when possible	None
Manage children's choices to ensure they get a balanced meal. - Ensure vegetables are put on their plates.	LBBD	Whole year	None
Continue to monitor the impact of the Packed Lunch Policy - Remind parents of guidance on the website - reminders in bulletins - consistent monitoring	Midday Assistants Midday Assistants to monitor daily	In place reviewed termly	None
Continue to ensure tap water is widely available at all times - children to bring water bottles into school, school to provide if they don't, staff to encourage water is taken at break and lunch	Whole school	Ongoing	None
Reduce waiting times at lunchtime by: Staggering lunch breaks	SLT LB	In place	None
Ensure social aspects of lunch provision are improved by: - Allowing all children to sit together – do not segregate those with packed lunches.	Midday Assistants	Autumn and ongoing	None
Offer samples of the food for children and parents to taste.	LBBD	At each Parents Evening and whole school events	None
Hold themed events – such as international food day – to get the children excited.	SLT LB	TBC	None
Seek out partners in the community who can help with cooking and growing activities, e.g. local	SLT	Spring Term	None

restaurants, food producers, allotment growers.			
Get local chefs in to teach in the school	SLT	Spring Term	None
Ensure the curriculum supports healthy choices by: -classroom rewards for children that are not sweets. -Focussed weeks and educational visits - Use cooking and growing as an exciting way to teach subjects across the curriculum – from history to maths, science to enterprise, technology to geography.	SLT	Ongoing	None
Ensure Breakfast Club is compliant with Food Standards	SLT KW	Review Autumn Term and changes implemented Spring Term	None