

# Filey Junior School



## 3.03 Policy For Healthy Eating

**Date this version of policy adopted by Governing Body: January 2019**

**Signed Headteacher:**

**Signed Chair of Governors:**

A good diet is important for good health. A healthy and varied diet can help maintain a healthy body weight, enhance general well-being and reduce the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

The provision of school meals in North Yorkshire will encompass the Governments' guidelines for a healthy diet, which are:

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of foods rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often

Menus for school lunches must comply with the Government's Nutritional Standards. All schools must comply with the current food based standards.

In addition all schools must comply with the Nutrient-based standards.

The Governors, in consultation with our caterers, will:

- Ensure lunch menus comply with the school lunch nutritional standards, as outlined in appendices 1 and 2, including having the menus nutritionally analysed and providing schools with documentary evidence of compliance when requested.
- All other food served in school by our caterers will comply with the regulations as outlined in Appendix 3.
- Ensure food used for school catering does not contain additives suspected or known to be a problem for sensitive people (see appendix 4), does not contain artificial sweeteners and does not contain hydrogenated fats.

- ❑ Not knowingly use any food ingredients that have been Genetically Modified. Contracts with suppliers will stipulate this.
- ❑ Cater for special diets, at no additional cost, when requested on medical, cultural or religious reasons.
- ❑ Promote and market healthy school meals in our schools, help pupils make healthy choices and attend school councils to discuss school catering when required.
- ❑ Work with schools and other agencies (e.g. Healthy Schools Standard) in producing schools' food policies.

### Monitoring

School lunches will be monitored by the NYCC Client Catering Unit to ensure compliance with all regulations. A copy of each inspection will be provided to the school.

## School Lunch – Food Based Standards

## Appendix 1

<p>Fruit and vegetables – these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).</p>	<p>Not less than two portions per day per child, at least one of which should be salad or vegetables and at least one should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice). A fruit based dessert shall be available at least twice per week in primary schools.</p>
<p>Meat, fish and other non-dairy sources of protein - these include meat (including ham and bacon) and fish (whether fresh, frozen, canned or dried); eggs; nuts; pulses; and beans (other than green beans)</p>	<p>A food from this group should be available on a daily basis. Red meat shall be available twice per week in primary schools, and three times per week in secondary schools. Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks. For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein.</p>
<p>Manufactured meat products.</p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> <li>i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003.</li> </ul> <p>Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers;</p> <ul style="list-style-type: none"> <li>ii) are not “economy burgers” as described in the Meat Products (England) Regulations 2003; and</li> <li>iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products): Brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder.</li> </ul>
<p>Starchy foods (<i>also see additional requirement on deep frying below</i>) - these include all bread (eg. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.</p>	<p>A food from this group should be available on a daily basis. Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week. On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available. In addition, bread should be available on a daily basis.</p>

Deep-fried foods	Meals should not contain more than two deep-fried items in a single week. This includes products which are deep-fried in the manufacturing process.
Milk and dairy foods – includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais, and custard	A food from this group should be available on a daily basis.
Drinks	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> <li>• plain water (still or fizzy);</li> <li>• milk (skimmed or semi-skimmed);</li> <li>• pure fruit juices;</li> <li>• yoghurt or milk drinks (with less than 5% added sugar);</li> <li>• drinks made from combinations of those in bullet points 1 to 4 of this list (eg. smoothies);</li> <li>• low calorie hot chocolate;</li> <li>• tea; and</li> <li>• coffee.</li> </ul> <p>NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.</p>
Water	There should be easy access at all times to free, fresh drinking water.
Salt and condiments	Table salt should not be made available. If made available, condiments should be available only in sachets.
Confectionery and savoury snacks	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

**NUTRIENT-BASED STANDARDS FOR SCHOOL LUNCHES FROM  
SEPTEMBER 2008 (PRIMARY SCHOOLS) OR 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 the required nutrient content of an average lunch over five consecutive school days.*

Energy	30% of the estimated average requirement (EAR)
Protein	Not less than 30% of reference nutrient intake (RNI)
Total carbohydrate	Not less than 50% of food energy
Non-milk extrinsic sugars	Not more than 11% of food energy
Fat	Not more than 35% of food energy
Saturated fat	Not more than 11% of food energy
Fibre	Not less than 30% of the calculated reference value <i>Note: calculated as Non Starch Polysaccharides</i>
Sodium	Not more than 30% of the SACN <sub>2</sub> recommendation
Vitamin A	Not less than 40% of the RNI
Vitamin C	Not less than 40% of the RNI
Folate/folic acid	Not less than 40% of the RNI
Calcium	Not less than 40% of the RNI
Iron	Not less than 40% of the RNI
Zinc	Not less than 40% of the RNI

### Standards for all school food other than lunches

The Government has decided that standards should apply to all school food other than lunches, as recommended by the School Food Trust.

This means that:

- a. no confectionery will be sold in schools;
- b. no bagged savoury snacks other than nuts and seeds (without added salt or sugar) will be sold in schools;
- c. a variety of fruit and vegetables should be available in all school food outlets. This could include fresh, dried, frozen, canned or juiced varieties;
- d. children and young people must have easy access at all times to free, fresh drinking water in schools;

NB – It would be preferable for this drinking water to be chilled; and for it to be located so that children do not have to depend on going to the lavatory to access it;

e. the only other drinks available will be:

- i) water (still or sparkling);
- ii) milk (skimmed or semi-skimmed);
- iii) pure fruit juices;
- iv) yoghurt and milk drinks (with less than 5% added sugar);
- v) drinks made from combinations of (i) to (iv) above;
- vi) low calorie hot chocolate;
- vii) tea; and
- viii) coffee.

NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk.

## Appendix 4

### Additives

Additives can have a direct effect on health. For example Tartrazine (E102) and Sunset Yellow (E110) may be linked to cause poor attention hyperactivity in children. Sulphur compounds (E220-228) can destroy vitamin B1.

Below is a list of the E number additives suspected or known to be a problem for sensitive people or for which there is evidence of a health concern based on laboratory tests.

Number	Name	Typically Used In
<b>Colours</b>		
E102	Tartrazine	Soft drinks, ices, desserts, sauces
E104	Quinoline Yellow	Soft drinks, jams, ices, desserts, sauces
E110	Sunset Yellow	Soft drinks, jams, ices, desserts, sauces
E120	Cochineal	Meat products, drinks, jellies, desserts, sweets
E122	Carmoisine	Soft drinks, ices, desserts, sweets
E123	Amaranth	Fish roe
E124	Ponceau 4 R	Soft drinks, ices, desserts, sweets
E127	Erythrosine	Glace cherries
E128	Red 2G	Sausages, burgers
E131	Patent Blue V	Coloured baked goods, sweets
E132	Indigo carmine	Ices, confectionary, coloured baked goods
E133	Brilliant Blue	Soft drinks, sweets, desserts, ices
E142	Green S	Canned peas, soft drinks
E150C	Ammonia Caramel	Cola drink, gravies, sauces, meat products
E151	Brilliant Black	Fish products
E155	Brown HT	Baked goods, sweets
E160B	Annatto	Yellow spreads, cheese, snacks, desserts
E161G	Canthaxanthin	Farmed fish
E173	Aluminium	Cake decorations
<b>Preservatives and Antioxidants</b>		
E210-219	Benzoic Acid	Soft drinks
E220-228	Sulphur dioxide, sulphites	Soft drinks, juices, dried fruit and vegetables, sausages, biscuits, burgers, jams
E230-232	Benzene derivatives	Fruit skin and peel
E249-250	Nitrites	Bacon, ham, pate
E251-252	Nitrites	Sausage, cheese, pate
E280-283	Propionic acid, propionates	Half baked goods, cakes, pastries
E310-312	Propyl gallate, gallates	Fats, meat products
E320	Butylated hydroxanisole	Fats, biscuits, chewing gum
E321	Butylated hydroxytoluene	Fats, biscuits, chewing gum
<b>Emulsifiers and Thickeners</b>		
E407	Carrageenan	Dairy desserts, ice cream, jellies, meat products

E413	Tragacanth gum	Icings, dressings, ice cream
E420	Sorbitol	Low-sugar sweets, chewing gum
E421	Mannitol	Chewing gum, sweets
E430-436	Polyoxyls	Baked goods
Flavour Boosters		
E950	Acesulfame-K	Soft drinks, dairy products, sweets, chewing gum
E951	Aspartame	Above + desserts
E952	Cyclamate	Soft drinks, soft drink concentrates
E953	Isomalt	Sweets, ice cream, chewing gum
E954	Saccharin	Soft drinks, toothpaste
E956-967	Maltitol, Lactitol, Xylitol	Chewing gum, ice cream