

Whole School Food Policy Framework



Introduction

This Food for Life Partnership (FFLP) policy framework offers an overview of the issues to be considered when developing your whole school food policy. We suggest it is considered and discussed by your School Nutrition Action Group in conjunction with evidence gathered from wider school and community consultation.

The Food for Life Partnership Mark represents a practical set of steps for schools to take to help their pupils be healthy and make a positive contribution, in line with the Every Child Matters agenda. If you wish to go for Bronze, Silver or Gold Marks it will be useful if your whole school food policy reflects the Mark framework of four strands. A suggested structure for your policy is set out below, together with aims and objectives for each section:

- **Whole school and community mission statement**
- **Food leadership**
- **Food quality and provenance**
- **Food education**
- **Food culture and community involvement**
- **Implementation and Monitoring**

Please note that this document is intended as a guide only. It is important that your school food policy objectives reflect the ideas and initiative of your pupils and wider school community as represented in your SNAG.

WHOLE SCHOOL AND COMMUNITY MISSION STATEMENT - example

Your SNAG should develop a mission statement that reflects the values and priorities of the school. The following is a sample statement only:

“To influence and improve the health of the whole school community by equipping pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit both themselves and the environment. This shall be accomplished by providing high quality food education and food service and ensuring consistency in food messages throughout the school day.”

FOOD LEADERSHIP

Aim

To ensure senior managers and governors facilitate the role school plays, as part of the larger community, in promoting family health and sustainable food and farming practices.

Objectives

- To ensure the whole school and community are consulted on school food issues via a School Nutrition Action Group
- To work with the whole school and community to develop an agreed whole school food policy and action plan
- To ensure the whole school and community are kept informed of key changes in relation to food issues in school
- To build the confidence of parents in the school meal service and improve the take-up of school meals, including free school meals
- To support the provision of healthy packed lunches and snacks
- To ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics

FOOD QUALITY AND PROVENANCE

Aim

To ensure pupils and staff receive nutritious, fresh, local and organic food at lunch and throughout the school day, and that this food is delicious, seasonal, affordable and safe.

Objectives

- To provide food of consistent nutritional quality throughout the school day, ensuring it meets the Governments food-based and, from 2008/09, nutrient-based standards
- To seek to achieve the Food for Life targets of 75% unprocessed, 50% local and 30% organic ingredients, and to address issues of seasonality, animal welfare and sustainable fishing
- To ensure that catering staff are involved in the life of the school and given opportunities for continuous professional development
- To ensure pupils have easy access throughout the day to drinking water and that this is separate from the toilet area.

FOOD EDUCATION

Aim

To provide a well-planned national curriculum course of study that incorporates messages about nutrition, food hygiene and sustainable and ethical food production, and which is complemented and reinforced by practical hands-on food education like cooking and growing projects and farm links.

Objectives

- To help pupils develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health
- To give pupils and the wider community the opportunity to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene
- To provide pupils and members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment
- To provide opportunities for pupils to eat and cook with vegetables that they have grown themselves
- To create opportunities for pupils to connect with local producers and food businesses, to help them become intelligent and responsible food consumers

FOOD CULTURE AND COMMUNITY INVOLVEMENT

Aim

To create an enjoyable and sociable dining experience for pupils in school, and a lively food culture within the school and its wider community.

Objectives

- To provide an enjoyable lunchtime experience and environment
- To ensure parents and guardians are involved with developing a healthy approach to pack lunches and snacks in school
- To ensure there is no collaboration with businesses that require endorsements of brands or products that are high in fat, sugar or salt
- To promote a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in growing and cooking projects and food events
- To share the learning experience on food issues with other schools and community groups

IMPLEMENTATION AND MONITORING

It is important to decide at the outset how you are going to consult and involve the school and community in developing your whole school food policy, and how you are going to assess your progress. Your School Nutrition Action Group or equivalent should be instrumental in this. You might want to alert pupils and parents to proposed changes using newsletters and displays and then gather feedback via the school council.

Don't forget to think about how you will collect and record data, so that you can demonstrate any gains from the improvements you have made to parents and to Ofsted. It is useful to have a member of the senior management team chairing the SNAG and reporting to the governing body for the co-ordination and management of the policy.

