
NUTRITIONAL STANDARDS POLICY



**BUTTSBURY
PRIMARY SCHOOL**

AN ACADEMY SCHOOL

Approved by:	Full Trust Board
Last reviewed on:	Summer 2024
Next review due by:	Summer 2027

Purpose

The aims of the school include pupils being guided to lead active and healthy lives. We believe that healthy children are best able to take full advantage of the educational opportunities that the school provides. The Trust Board ensures that food provided in the school and advice given to pupils promotes healthy lifestyle choices.

Consultation

This policy has been constructed in compliance with the published framework for Department for Education School Food Standards, February 2023.

Roles and responsibilities

The Headteacher will ensure that:

Lunches served at the school conform to the requirements:

- Agreed standards for school meals are implemented.
- Content, cost and provision of meals are monitored.
- Special dietary needs of children and staff are catered for.

The catering staff will promote healthy eating in accordance with Annex 1 below.

The Trust Board will:

- a) Ensure that school lunches predominantly conform to the standards prescribed in the published framework for Department for Education School Food Standards, February 2023.
- b) Monitor standards relating to the provision of school meals.

Monitoring and Evaluation

The Trust Board will receive annual reports from the Headteacher on the extent to which lunches conform to the regulations in terms of content, cost and provision, and the number of pupils receiving free school meals. Surveys of pupils and parents will be undertaken at regular intervals to establish the level of satisfaction with the quality of meals offered.

ANNEX 1 – THE STANDARDS AND GUIDANCE FOR STAFF

The regulations apply to:

- All lunches (including free meals provided for children during term time)
- Hot and cold foods, including packed lunches, provided by the school.

Guidance is given on putting together a healthy menu, different cooking methods and how nutritional standards should be monitored.

FOOD OR FOOD GROUPS THAT MUST BE PROVIDED

Fruit and Vegetables

Standard: One or more portions of vegetables or salad as an accompaniment every day

Buttsbury: A choice of two vegetables is offered most day. A salad bar is available each day with varying choices.

Standard: One or more portions of fruit every day

Buttsbury: Fruit is always offered as an alternative dessert

Standard: A dessert containing at least 50% fruit two or more times each week

Buttsbury: The menu complies with this standard

Standard: At least three different fruits and three different vegetables each week

Buttsbury: Complies to this standard

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

Standard: A portion of food from this group every day

Buttsbury: Meat or fish are provided each day

Standard: A portion of meat or poultry on three or more days each week

Buttsbury: A portion of meat or poultry is served on three or more days each week

Standard: Oily fish once or more every three weeks

Buttsbury: The school does not comply with this standard due to very low uptake of meals containing oily fish.

Standard: For vegetarians, a portion of non-dairy protein on three or more days each week

Buttsbury: The menu complies with this regulation

Standard: A meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than once each week

Buttsbury: The menu complies with this regulation

Starchy Foods

Standard: One or more portions of food from this group every day

Buttsbury: The menu complies with this standard

Standard: Three or more different starchy foods each week

Buttsbury: The menu complies with this standard

Standard: One or more wholegrain varieties of starchy food each week

Buttsbury: Wholemeal bread is offered each day

Standard: Starchy food cooked in fat or oil no more than two days each week

Buttsbury: The menu complies with this standard

Standard: Bread – with no added fat or oil – must be available every day

Buttsbury: Bread is available at lunch every day – no fat or oil is provided.

Foods high in fat, sugar and salt

Standard: No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week

Buttsbury: The menu complies with this standard

Standard: No more than two portions of food which include pastry each week

Buttsbury: The menu complies with this standard

Standard: No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat

Buttsbury: No snacks are provided

Standard: Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

Buttsbury: Savoury crackers are only served with either cheese or fruit

Standard: No confectionery, chocolate or chocolate coated products

Buttsbury: These are not served

Standard: Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery

Buttsbury: Cakes and biscuits do not contain any confectionery

Standard: Salt must not be available to add to food after it has been cooked

Buttsbury: No salt is added during the cooking process or is available at lunch.

Standard: Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoon

Buttsbury: All sauces such as ketchup are served in sachets and are limited to one sachet per child

Milk and dairy

Standard: A portion of food from this group every day

Buttsbury: Yoghurts are always available as an alternative dessert

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

Buttsbury: Semi-skimmed milk is offered as a drink at lunchtime

Healthier Drinks

Standard: Free, fresh drinking water at all times – via water fountains, classroom taps and in cups at lunch.

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

- 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.

Buttsbury: Water, milk and a nutritionally-approved combination juice drink are offered.

Monitoring and Review

Policy Date: Summer 2024

Review Date: Summer 2027