



**SOUTH WESTMORLAND
MULTI ACADEMY TRUST**

Whole School Food Policy

Committee:	MAT Board
Date of adoption:	10/02/2020
Date of next review:	Spring Term 2028

Review Sheet

The information in the table below details earlier versions of this document with a brief description of each review and how to distinguish amendments made since the previous version date (if any).

Version Number	Version Description	Date of Revision
1	Original	29 November 2021
2	Reviewed and approved by the Local Advisory Committee	29 November 2021
3	Reviewed and approved by the MAT Board	01 April 2025

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1. Aims

The aims the school food policy at our school are to:

- To provide a consistent, planned curriculum of food education that enables students to make informed choices
- to improve eating habits through development of cooking and growing skills and information about what constitutes a healthy, hygienic and environmentally sustainable diet
- To make healthier food and drink choices easier to choose and easily available at all appropriate opportunities
- To ensure the provision and consumption of food is an enjoyable and safe experience.

2. Statutory Requirements

Dallam does not have to follow National Healthy Schools Programme. However, the school recognises the importance of healthy living and consequently aims to provide all students with the knowledge, skills and opportunity to make healthy food choices at Dallam.

2.1 Natasha's Law

From **1 October 2021**, schools have a duty to list ingredients on food that's prepacked for direct sale (PPDS) on school premises. This covers food that is:

- Packaged at school, **and**
- In this packaging before it's selected or ordered by pupils or staff

This is outlined in the [Food Information \(Amendment\) \(England\) Regulations 2019](#).

These changes are to help anyone with a food allergy or intolerance make safe food choices. This is following the death of teenager Natasha Ednan-Laperouse, who had an allergic reaction to an undeclared ingredient in a baguette that was pre-packed on-site at a chain coffee shop.

Who do they apply to?

All schools that package food on-site before someone selects or orders it. These requirements apply in England, Wales and Northern Ireland.

What food is covered?

Examples of common food that falls into this category include:

- Pots of fruit or breakfast pots
- Packaged sandwiches or salad boxes
- Packaged burgers
- Boxes of chips or chicken nuggets placed under a hot lamp in anticipation of lunchtime service.

Food prepared on-site for packed lunches must also meet these requirements.

What must be on the label?

The package, or label attached to the package, must include:

- Name of the food
- List of ingredients
- The 14 allergens required to be declared by law, emphasised within it

Allergen information labelling must follow these legal requirements that apply to naming the food and listing ingredients, as outlined by the Food Standards Agency (FSA).

The Food Information Regulations 2014 already imposes these requirements on food that is prepacked by another supplier or premises.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – a member of staff or working group pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to look at the policy and make recommendations
3. Parent/stakeholder consultation – parents and any interested parties were invited to give feedback on the policy
4. Student consultation – we sought feedback on our provision via student voice
5. Ratification – once amendments were made; the policy was shared with Trustees/Local Advisors and ratified at a meeting.

4. Definition

The National Healthy Schools Programme promotes the links between health, behaviour and achievement; it is about creating healthy and happy children and young people, who do better in learning and in life.

5. Implementation

- 5.1 Run a school food action group (School Nutrition Action Group - SNAG) to clarify roles and responsibilities, decide priorities, timescales and allocate tasks using a participatory approach. This group is led by the PSHE Lead and meets termly to provide minutes to the Senior Leadership Team, catering team and students. The group comprises members of the Student Council, the Head Students and Boarding Students.
- 5.2 Ensure that all food and drink served reflects the needs of all consumers, promotes healthy choices, complies with nutritional standards and is as environmentally sustainable as possible. As much as practicable, choices are made based upon sustainability and examples include water cartons rather than bottles, using recycled plastics where possible and low sugar alternatives to sweetened drinks and snacks.
- 5.3 Regularly review eating opportunities during the school day to ensure that food and/or drinks are available when needed and comply with nutritional standards
 - a. Before/after school
 - b. Break times
 - c. Lunchtime
 - d. Special activities e.g., sports days, parents evening
 - e. At each SNAG meeting food offer is reviewed to make sure it is meeting the needs of children and school.
- 5.4 Provide food and drink that allows individuals to
 - a. Drink free cool water frequently throughout the day

- b. Eat healthily without financial disadvantage
- c. Follow special diets/cultural requirements.

5.5 Design a curriculum that delivers complementary and developmental nutrition messages and practical food skills throughout a student's school life based upon the Design and Technology programme of study KS3 (cooking and nutrition).

5.6 Involve students through student voice and termly SNAG meetings.

5.7 Ensure catering staff are trained to provide food that meets nutritional standards and are able to assist with the promotion of a balanced diet. All catering staff complete level 2 Food Safety Training and Acrylamide Training every 3 years (last updated in the autumn term 2024). This includes providing food that meets the nutritional standards and promotion of a balanced diet.

5.8 Ensure the relevant classroom staff are trained to provide accurate information on nutrition, free from bias and based on the 'Eatwell Guide' and practical food education. All Food Technology staff have Level 2 Food Nutrition and Preparation qualifications which are updated biennially.

6. Roles and responsibilities

6.1 The Local Advisory Committee

The Local Advisory Committee will approve the School Food Policy, and hold the Headteacher to account for its implementation.

6.2 The Headteacher

The Headteacher is responsible for ensuring that this policy is implemented throughout the school.

6.3 Staff

Teaching staff are responsible for:

- Delivering healthy eating in a sensitive way
- Modelling positive attitudes to healthy eating
- Monitoring progress
- Responding to the needs of individual pupils

The catering managers are responsible for:

- Sourcing, cooking and selling high-quality healthy foods and drinks in the canteen
- Keeping up-to-date with the latest research and publications regarding schools' nutrition
- Responding to student feedback received via student voice
- Attending the SNAG group meetings

6.4 Students

- Students are expected to engage fully in healthy eating and, when discussing issues related to food, treat others with respect and sensitivity.

7. Monitoring arrangements

The school food policy/healthy school policy is monitored by Mrs Dunne, Personal Development Lead through:

- Learning walks
- Book scrutiny

- CPD activities
- Student voice feedback
- the termly SNAG meetings

This policy will be reviewed by the Personal, Social, Health and Economic (PSHE) Lead responsible for Healthy Schools on a three yearly basis. At every review, the policy will be approved by the MAT Board.