

Rooks Heath College



# Healthy Eating

## The Food Policy for Rooks Heath College for Business and Enterprise

September 2007  
Amended April 2009

## **Introduction**

This policy replaces any previous policy and follows the DCSF regulations and those issued by the London Borough of Harrow.

In line with the college's Equal Opportunities and Special Educational Needs policies, we aim to give all students equal opportunities to take part in all aspects of the college life, as far as is appropriate, practicable and compatible with giving regard to health and safety and the efficient education of other students.

This policy takes account of the Government's aim for children to have the support they need under Every Child Matters:

- to be healthy
- to stay safe
- to enjoy and achieve
- to make a positive contribution
- to achieve economic well-being.

The policy will follow the five principles of the Children's Plan:

- to support parents and families;
- to allow children to reach their full potential
- to enable children to enjoy their childhood whilst preparing for adult life
- to provide services in response to children and family needs.
- to use preventative measures to help students to avoid the possibility of failure

This policy is founded in the College's commitment to the development and maintenance of good behaviour and a positive and inclusive ethos for all members of the College community.

## **Foreword**

Rooks Heath College is a mixed 11 to 18 multicultural comprehensive in the London Borough of Harrow. This policy is formulated by the Deputy Headteacher, in consultation with staff and is monitored by other members of the college's Leadership and Management Group. The policy is subject to annual review by the college's Leadership and Management Group and is subject to approval by the governors of the college.

## **Rationale**

Diet is central to health and children and young people's diet is an important influence on their health and in the future. Rooks Heath College for Business and Enterprise believes it is important that we promote health with all members of our College community and demonstrate a positive approach with regard to foods, balanced diet and healthy eating patterns.

Rooks Heath believes that this policy is a key part of the work we are doing to support EVERY CHILD MATTERS and the outcome of 'BE HEALTHY' for all our students.

## **Aim**

To ensure that all aspects of food and nutrition in College promotes the health and wellbeing of students, staff and visitors to the College.

## **Objectives**

- To provide a formal curriculum that ensures all information relating to food and nutrition is consistent and up to date. To provide opportunities for students to develop and practice their skills in making healthy lifestyle choices and considers attitudes towards food.
- To promote healthy eating and drinking messages in all aspects of College life.
- To work with the catering company, (Harrison Catering) to ensure that College meals cooked and offered to students and staff, meet the government nutritional and food standards and provide balanced and healthy choices.
- To make consumption of food and drink an enjoyable and safe experience.
- To provide access to drinking water for all the College community.
- To ensure the food provision and food messages reflect the ethnical and medical needs of staff and students, e.g. religious, ethnic, vegetarian, medical and allergenic.
- To support students with particular needs in relation to food and nutrition issues through the pastoral and welfare support systems.

## **Rooks Heath – Whole College approach to Food and Nutrition**

The Curriculum we offer to encourage our students to make decisions about living a Healthy Lifestyle.

- Quality Teaching in Food Technology

which covers food based topics including diet, nutrition, food safety hygiene, food preparation and cooking.

The origins of food, attitude to food and diet, advertising of products and the effects this has on purchasers. Healthy lifestyles, food issues and concerns.

Healthy eating is covered in a number of subject areas:-

- Food Technology
- Science
- PHSE
- Humanities
- Physical Education
- English
- Media Studies
- ICT
- RE
- Citizenship
- History
- Maths

There is a cross curriculum liaison between subject areas to ensure:-

- Consistent messages about healthy eating and lifestyles are provided.
- Activities and Schemes of Work provide clear outcomes and progression.
- Up to date and unbiased resources are complimentary throughout the College.

Further details can be found in the curriculum guides, produced and updated annually for all parents, stakeholders and interested parties.

**See Appendix A** – for details of our cross curricular approach to Healthy Lifestyles.

Rooks Heath also provides enrichment learning opportunities through the International Evening which includes a celebration of food from different countries.

Harrison Catering also encourage students to try a variety of International Foods during their monthly Theme Meal Events.

### **Extra Curricular Activities**

Rooks Heath offers additional opportunities for staff, students and the community to enjoy a range of activities looking and Healthy Lifestyles.

- HA2 Cando Evening Classes – Food Hygiene – offered to staff and members of the community an opportunity to achieve a recognised City and Guilds qualification.
- HA2 Cando Evening Classes – cover First Aid, food related medical conditions – offered to staff and members of the community and opportunity to achieve a recognised Appointed First Aiders Certificate.
- Breakfast Club where students are not only recognised for making choices of the food we offer, but they prepare and eat breakfast together in a social and safe environment.
- Staff supervising Breakfast Club are all First Aid and Food Hygiene trained as part of our commitment to being healthy.
- Rooks Heath provides the venue for Newton Farm Horticultural Society to meet on a regular basis. This is part of the Community Approach to Healthy Lifestyles.
- A number of Healthy Lifestyle Training Opportunities are offered to our Cluster Colleges linked to Wellbeing.
- The Physical Education Team offer a wealth of curricular activities to encourage students to enjoy sport and socialise together. The promotion of water to students is given high priority to the staff. Additional fountains are being installed to make water available throughout the College.

As part of the Colleges commitment to Wellbeing – we are actively involved in promoting Wellbeing to staff and students. CPD sessions include a healthy lunch for staff and healthy snack options are available to all at break time. We share a commitment to Wellbeing all the time.

### **National Events and Initiatives**

Rooks Heath College gained National Healthy Schools Status in 2005, and we have just achieved re- validation again in February 2009 under the new government standards.

We openly encourage students to walk to college and to take exercise. Surveys for our college Travel Plan shows that a number of our students would prefer to cycle to College and a large number of students arrive early to take advantage of attending our Breakfast Club to enjoy the healthy options available.

We take every opportunity to promote Healthy Lifestyles with our College Council linked to Harrison Catering to ensure all students have up to date information to allow them an opportunity to choose the way they wish to live. Posters around College promote healthy food. Five a day - Salt is out - Drink Water etc. can be seen in prominent places around the College.

The College actively promotes attendance at Food Related Seminars and Events to ensure staff are kept up to date with the latest government regulations and food standards.

### **Provision of Food and Drink during the College day**

Students are encouraged to start the day with breakfast – either at home or at College.

Breakfast Club operates from 7:30am to 8:30am daily and offers students a chance to eat and socialise together. All students are encouraged to start the day with breakfast.

Research has shown us that some students do not make time for breakfast before coming in to College either because they get up late or because they do not feel it is important. All students are welcomed at Breakfast Club and this is emphasised to parents when students first join the Rooks Heath family.

Our Breakfast Club is more than just a place to eat. We offer access to staff that are available to help students in a variety of ways and to encourage them to prepare and eat healthily. Opportunities to socialise with friends or make new friends are key to its success.

The food available is healthy and consistent with a balanced diet. We offer a variety of breads, Low fat spreads, low sugar jam and marmalade. Marmite as a spread. Whole grain cereals which are consistent with healthy eating. A variety of fruit juices are offered together with tea or coffee.

Breakfast is free to all students. Rooks Heath believes that the cost of running our club should be taken from the annual College budget as the club is an extension of College life.

Staff have a Food Hygiene and First Aid qualification and students are supervised in a pleasant and environmentally safe way.

### **Mid-Morning Snacks**

Working in partnership with Harrison Catering we ensure snacks and drinks offered to students at break time are healthy and meet the Government Nutritional Standards.

We do not sell any fizzy drinks, crisps or chocolate in College and encourage students not to bring these items in as snacks for break and lunch times.

We do believe that students should be encouraged to make choices to eat healthily and we ensure students are given relevant information to enable them to make decisions for themselves.

## **Lunch**

Over a period of time, Rooks Heath has established a good working relationship with Harrison Catering and formed a partnership to ensure students and staff are offered balanced and healthy choices that meets, not only the Governments Nutritional Standards criteria, but meets the needs of our multi-cultural community.

There is a wide variety of Healthy Eating Options available to our students and staff.

- The emphasis is on variety, providing food that not only tastes good, but meets the Stringent criteria set by the Schools Food Trust (Government)
- Harrison Catering have dedicated staff including a Chef Manager who believes in 'home cooking'.
- Ingredients are chosen for their high quality and nutritional value.
- Fresh fruit is always available through break and lunch time.
- Menus are published for all to see, so that students can make informed choices.
- Harrison Catering regularly organise Theme Days to promote food from different countries and to promote healthy eating options.
- All sandwiches and baguettes are made on the premises, using a variety of breads and fillings to offer students and staff a variety of products to suit all tastes.

**See Appendix B** – Details the variety of foods available.

**See Appendix C** – For details of the Nutritional Food Standards (from then Foods Standards Agency)

Information for parents promoting healthy food choices (including packed lunches) is available at induction parents' evenings and from the College office. Healthy lifestyles including a balanced diet are promoted through our newsletters, websites and notice boards.

We actively promote messages on a balanced and healthy approach to eating with regard to lunches. We actively seek to inform students and parents about healthy lifestyles. We encourage students not to bring fizzy drinks, crisps and chocolate into College.

### **Drinks**

We actively promote water consumption by our staff and students –

- Rooks Heath has a number of water fountains for students.
- Students are encouraged to bring in their own bottles of water for use in classrooms (there are restrictions for use in laboratories, workshops and ICT classrooms). Students are responsible for ensuring the bottles they use are clean and suitable for the purpose.
- Water Coolers are provided for staff in use in a number of locations around the College.
- We do not sell or encourage fizzy drinks.
- Healthy drink choices, including water are, available as part of the Healthy Choice.
- Milk is also available as a popular choice with students.

### **Vending Machines**

Vending machines are only operable during the mid morning and lunch break. There is no access to machines during lesson times, early morning or after College.

Vending is managed by Harrison Catering in partnership with Rooks Heath. The general consortium of Colleges evaluate as a team the items supplied in the vending machine to ensure they meet the Food Standard Agency guidelines.

### **Fair Trade**

Students at Rooks Heath support Fair Trade products and they occasionally offer such items to other students as a way of fundraising and raising awareness of how and where food is produced. The College support fair trade and the sale of products. However, it is noted that it is suggested that some products do not totally meet the Food Standards Agency guidelines.

## **Celebrations**

During the year, we have a number of Celebrations at Rooks Heath and again we would encourage students to plan these events to promote healthy Lifestyles

- At discos, parties etc. a variety of good food choices would be offered

We adopt a balanced approach to celebrations, e.g. if sweet foods are a traditional part of a religious festival, we would wish to include these items in the festival event.

## **Consumption of Food and Drink at College**

We encourage students to eat lunch together and use the time to socialise, make friends etc.

Packed lunches can be eaten in the Tutor rooms (where possible) or in the dining area.

Posters are displayed encouraging healthy eating.

Our new dining facility, named 'The Rookery' provides adequate space for students to enjoy a meal together in a pleasant and comfortable environment.

Lunchtime supervisors are on duty to oversee the queuing system and to encourage students to make balanced and healthy choices.

## **The Rookery**

'The Rookery' our new state of the art kitchen and dining facility has been created to encourage students to enjoy a dining experience.

It has been designed to meet the needs of the students with flexible dining in mind.

The outside gardens around 'The Rookery' provide a picnic area for students and staff to enjoy a meal in pleasant surroundings.

## **Litter**

We actively encourage students to use the litter bins around the College.

The dining hall has tray clearance areas and students are again requested to clear tables and make use of this facility.

### **Professional Development for Staff**

- Members of staff co-ordinating subject areas attend CPD opportunities to update their knowledge and skills.
- Information on students with food allergies and food related conditions is shared linked to our welfare staff.
- Adults working in the College in food preparation areas have a Food Hygiene Certificate.

### **Professional Development for Harrison Catering Staff**

- A comprehensive training package is in place for all new staff involved in the preparation and handling of food.
- Rooks Heath works in an open partnership with Harrison to ensure that all conditions of the contract are in place.
- Regular monitoring of training records, kitchen hygiene and cleaning standards.
- The kitchen has a periodic deep clean in line with the standards agreed in the contract.

### **Partnership with Parents and Carers**

Rooks Heath values the partnership with its parents and carers in the promotion and support of the health and wellbeing of students. Parents are regularly updated in relation to food through newsletters, information, both from Harrison Catering and Rooks Heath. Menus can be found on our website.

We remind parents, carers and students that fizzy drinks are not sold on our premises and we welcome opportunities to discuss menus and the sharing of good ideas with everyone involved in improving our student's lifestyle.

### **Role of the Governor**

Governors at Rooks Heath were actively involved in the Tender and Evaluation process for the provision of food. Throughout the lengthy process to appoint Harrison Catering, Governors offered support and advice. Governors were involved in the presentations made to Rooks Heath and the other colleges in the Consortium.

Governors visit the dining facility on a regular basis and monitor the food being offered by reviewing the menus and talking to students.

### **Continued Monitoring and Evaluation**

- The formal curriculum is monitored through subject monitoring systems involving review of planning, lesson observation and students work. Schemes of work are evaluated on a regular basis.
- Curriculum guides are available to all parents and students and these are updated annually via the Curricular Leadership and Management Group.
- Numbers attending the breakfast club are steadily increasing and students are encouraged to make their voices heard about the choice and variety of options available. The Breakfast Club is inspected by the Local Education Authority.
- Harrison Catering meet regularly with the College Manager to discuss menus and future development plans to ensure food is provided to meet both the Food Standards Agency Nutritional Standards and the needs of our students.
- Students in the College Council have the opportunity of making their voices heard.
- The College Council works with the College Manager and Harrison Catering to promote healthy lifestyles for everyone.

### **Local Environment – sales of products brought into college**

- Rooks Heath does not allow students to leave the premises during mid morning break or lunch time.
- Students are not encouraged to visit the local shops before and after College.
- Students are not permitted to bring in food purchased locally in the form of chips and burgers. We encourage them not to bring fizzy drinks into College as part of their packed lunch.

### **Links with other policies**

- PSHE and Citizenship
- Curriculum Policies for Design Technology, Science and P.E
- Health and Safety
- Access for all

**See Appendix D – The Balance of Good Health**

**See Appendix E – Harrison Catering – Statement – re compliance of Nutritional Standards**

This policy will be reviews annually to take into account future changes in either Food Standards Agency Nutritional Standards and the needs of the College.

**Appendix A – Food across the curriculum**

In key stages 3 and 4 there are a number of opportunities for students to develop their knowledge and understanding of health, attitudes to health and food including balanced and healthy eating patterns and practical skills.

- **English** can provide students with the opportunities to explore persuasion, argument and debate using health and food related issues as a stimulus.
- **Media Studies** can be used to consider how the different types of media impact on society and play a role in influencing healthy choices.
- **Maths** can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, dietary and lifestyle choice trends, costs of different foods and budgeting.
- **Science** provides an opportunity to learn about different food types, their nutritional composition, digestion, the role of different nutrients in contributing to health and the relationship between diet and exercise.
- **RE** provides the opportunity to discuss the role of foods in the major religions of the world. Young people can experience different foods associated with religious festivals.
- **ICT** can provide opportunities for research into food issues using the internet and other electronic resources. It can be used to help present and share information and arguments.
- **Food Technology** as part of Design Technology provides the opportunity to learn about where food comes from, what is in foods, packaging and food hygiene in the context of the design process. There is the opportunity to apply healthy eating messages through practical work with food including preparation and cooking.
- **PSHE and Citizenship** encourages young people to take responsibility for their own health and wellbeing. It provides opportunities to gain knowledge and understanding about healthy lifestyles, influences on making healthy choices, attitudes to health and to develop the skills to make informed choices. It also provides the opportunity to discuss and debate topical issues such as advertising, GM foods, Organic foods, the role of supermarkets, emotional health and eating disorders and body image.
- **Geography** provides a focus on the natural world and changing environments, offering the chance to consider the impact our consumer choices have on people and the environments across the world.

- **History** provides insight into changes in diet and food over time.
- **Physical Education** provides students with the opportunity to develop physically and to understand the impact of sport, exercise and other physical activity such as dance and walking.

It is important the messages about food and nutrition are consistent across the curriculum, that resources are complementary and learning outcomes are identified that provide rigour and progression.

## **Appendix B – Healthy Eating – at a glance (taken from the School’s Food Trust Standards)**

### These healthier products are on our menus

<b>More Fruit and Vegetables -</b>	Not less than two servings per child must be provided; at least one should be vegetables or salad and at least one should be fruit.
<b>More Oily Fish -</b>	Oily fish such as mackerel or salmon must be provided at least once every week.
<b>Bread -</b>	A type of bread with no added fat or oil must be provided everyday.
<b>Drinking Water -</b>	Free, fresh drinking water must be provided
<b>Healthier Drinks -</b>	The only drinks permitted during the college day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above. Tea, coffee and low calorie hot chocolate are also permitted.

### **These foods are now restricted or no longer allowed**

- No Confectionary
- No Salt
- Condiments – restricted
- Snacks – restricted – crisps not allowed
- Deep Fried Foods – allowed once a week only.

### **Meat products**

A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal:-

**Group 1** – Burger, Hamburger, Chopped Meat, Corned Meat.

**Group 2** – Sausage, Sausage Meat, Link Chipolata, Luncheon Meat.

**Group 3** – Individual Meat Pie, Meat Pudding, Melton Mowbray Pie, Game Pie, Scottish (or Scotch Pie, Pasty or Pastie, Bridie, Sausage Roll).

**Group 4** – Any other shaped or coated Meat Product

## Appendix C

### Why the new standards?

The new standards were developed following research showing that children were not making healthy food choices at lunchtime and that college meals did not meet their nutritional needs. In 2005 the Government appointed an expert group, the School Meals Review Panel (SMRP), to recommend new standards for school food.

Their report, published in October 2005, proposed radical changes which would prohibit or restrict food high in fat, sugar and salt or made with poor quality meat being served at college. The SMRP also set minimum levels for the nutritional content of college lunches. The new standards generally adopt the SMRP and School Food Trust advice and recommendations.

Unhealthy eating patterns take time to change, so these new standards for college lunches are just the start of a much longer process.

### Why have food-based standards been introduced for lunches?

\* They define types of food which are no longer allowed or are restricted, in order to replace food high in fat, sugar and salt with more nutritious food and drinks.

\* To ensure nourishing food is served more frequently.

\* To ensure an immediate improvement in college lunches, allowing time for the more detailed process of developing meals that meet the new nutrient-based standards.

### Empty calories

Increasingly, a large proportion of many children's diets consists of manufactured food high in fat, sugar and salt. These highly processed products often provide 'empty calories' which fill children up but do not supply the essential nutrients they need for healthy physical and mental development.

### Health risks

Much of the food no longer allowed under the food-based standards is associated with a growing range of child health and nutritional issues, including obesity, diabetes and tooth decay and erosion. Childhood obesity is now recognised as a major threat to long-term health<sup>5</sup> and the statistics are alarming.

### How the new standards will help children

\* The ultimate goal is to help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.

\* These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options.

\* They should have a positive impact on children's health, help encourage them to eat more nutritious food and improve the quality of college food nationwide.

### How will colleges benefit

Feedback from teachers suggests that the changes in the food provided help bring about better behaviour and performance in the classroom.

# More Fruit and Vegetables

Not less than two portions of fruit and vegetables should be available per day per child.

## What is specified in this standard?

Not less than one portion of fruit and one portion of vegetables or salad must be available per day per child. In practice this means that sufficient portions must be available to be able to offer a portion of fruit and vegetables to every child. However, it is accepted that providing, for example, a piece of fruit every day for each pupil who takes a college lunch could result in wastage. To avoid this, if you are providing fresh fruit it would be appropriate to have readily available as an alternative, tinned fruit or juice, to ensure that where demand exceeds your expectations, every child is able to have a portion of fruit.

A fruit-based dessert with a content of at least 50% fruit measured by weight of the raw ingredients must be provided at least twice per week in primary colleges.

## Why this standard needs to be in place

- To increase children's fruit and vegetable consumption. Fruit and vegetables are a good source of essential nutrients, have lots of important health benefits and can displace food that is high in fat or sugar.

- National surveys show that children's intake of fruit and vegetables is currently less than half the recommended minimum daily amount of five portions a day.

## What this food group includes

Fruit and vegetables in all forms including fresh, frozen, tinned and dried or as juice.

**Fruit:** includes fresh fruit, fruit tinned in juice, fruit salad (fresh or tinned in juice), fruit juice and dried fruit. Good examples of fruit-based desserts include: fruit crumble, apple pie, fruit sponge, apple cobbler, fresh fruit jelly, baked stuffed peaches, summer pudding and yoghurt/custard with fruit. Fruit used as decoration, or jam added to a dessert, does not count towards this standard.

**Vegetables:** includes all fresh, frozen and tinned varieties whether offered as a salad, cooked vegetables, or as part of a dish (for example, broccoli quiche or moussaka). Baked beans and pulses are also included but not potatoes (which are classified as a starchy food).

## What is a portion?

For adults, a portion of fruit or vegetables is 80g, but there is currently no recommended portion size for children. Practically, we suggest a good guide would be to serve at least half an adult portion (i.e. 40g) to primary pupils, and move towards an adult size portion (i.e. 80g) for secondary pupils. The table (below) gives examples of how these portions translate into kitchen servings.

### Serving suggestions

- Include fresh fruit as well as raw vegetables in salad bars.
- Serve fruit in a variety of ways for dessert, attractively presented and in appropriate sizes for different age groups. For example: whole fruits, fruit salad and fruit quarters.
- Add salad ingredients to sandwiches.
- Try to offer two hot vegetables with the main meal as well as a salad bar.
- If the service is a cash cafeteria offer 'meal deals'. For example, include vegetables and a piece of fruit in a main meal price; include a piece of fresh fruit with a sandwich.

### Good practice

- Serve fruit with other food. For example, grapes with cheese and crackers, or shortbread with stewed fruit or fresh strawberries.
- Make sure tinned vegetables are the type with no added sugar or salt.
- Make sure tinned fruit is in water or juice rather than sweetened syrup.

- Aim to serve a variety of seasonal fruit and vegetables every day.
- Although baked beans are popular it is important not to serve them daily and offer a variety of vegetables on your menu.

### Does this standard apply across the college day in September 2007?

In addition to the portion of fruit and portion of vegetables at lunchtime; fruit and vegetables must be provided in any outlet on the college premises where food is made available. This can include fresh, dried, frozen, tinned and juice products.

### Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

It will still be necessary to meet the fruit and vegetable standard however, the fruit-based dessert standard for primary schools will no longer apply.

### Suggested Portion Size

	Primary	Secondary
Cooked vegetables	1-2 tablespoons	2-3 tablespoons
Salad vegetables	½ dessert bowl	1 dessert bowl
Fresh fruit	½ – 1 fruit	1 fruit
Fruit salad, fruit tinned in juice	1-2 tablespoons	2-3 tablespoons
Fruit juice	150ml	200ml
Dried fruit	½ – 1 tablespoon	1 tablespoon

# Meat, Fish and Other Non-Dairy Sources of Protein

A food from this group must be provided on a daily basis.

## What is specified in this standard?

A food from this group must be provided on a daily basis. When planning menus, ensure that red meat is provided at least twice a week in primary schools and at least three times a week in secondary schools and that fish is provided at least once a week in primary schools and at least twice a week in secondary schools. Oily fish should be provided at least once every three weeks in both primary and secondary schools.

## Why this standard needs to be in place

- To ensure adequate protein supplies.
- To encourage children to eat more fish containing omega-3 fatty acids which help maintain a healthy heart.

## What this food group includes

Fresh, frozen, canned meat, poultry and fish, ham and bacon, eggs, nuts ([be allergy aware](#)), dried pulses and beans (other than green beans) and soya products.

### Red meat

- Includes beef, lamb, pork and pork products such as ham and bacon, or dishes made from these meats.

- Offer a variety of red meats, with an emphasis on dishes made from raw ingredients rather than using bought-in pre-prepared products.
- Try to use lean cuts, trim meat carefully, bake rather than fry, and skim fat from casseroles and stews.

### Fish

- Fish includes cod, haddock, plaice, coley, halibut and hake.

## What is the definition of oily fish?

An oily fish is one containing omega-3 fatty acids. This includes fresh, canned or frozen salmon, sardines, pilchards, mackerel, herring and fresh or frozen tuna.

**NB:** Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process. Tinned tuna, white fish, or white fish products with added omega-3 fatty acids do not meet the requirement.

## Serving suggestions

- Use oily fish as a salad ingredient. For example: tinned, smoked or fresh salmon salad, smoked or tinned mackerel salad, niçoise salad.
- Add oily fish to a sandwich/roll/baguette/wrap filling. For example: salmon and cucumber, tinned sardines or mackerel and salad.
- As a main course. For example: baked salmon fillet, baked or grilled fishcakes, fish pie, fish kedgeree.

### **Good practice**

- Offer small taster portions to introduce pupils to fish dishes they may not have tried before. Research shows that small tasters are a very good way of helping children to accept 'new' or 'unfamiliar' food.
- Offer a variety of dishes over time to encourage children to keep eating oily fish.

### **Other sources of protein**

- Examples of vegetarian sources of protein include lentils, kidney beans, chick peas, tofu, lima beans and nuts ([be allergy aware](#)).
- Offer one or more vegetarian meals. These dishes are often popular with meat eaters as well.
- In primary schools, dairy products (e.g. cheese) are an acceptable alternative source of protein.

### **Does this standard apply across the school day in September 2007?**

No. The meat, fish and other non-dairy sources of protein standards do not apply across the whole college day.

### **Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

It will only be necessary to comply with the oily fish standard. That is, oily fish must be available at least once every three weeks.

### **Be allergy aware**

Be aware of nut allergies. Always refer back to the college and catering policies regarding nuts. Many colleges are finding that cases of allergies from peanuts (as

well as milk and eggs) are on the increase. The Anaphylaxis campaign states that even the most extreme form of allergy – anaphylaxis – is manageable in colleges and cross contamination can be significantly lowered by washing hands with soap after eating/handling nuts. We recommend you visit the allergy in colleges website ([www.allergyinschools.org.uk](http://www.allergyinschools.org.uk)) for accurate, reliable information on managing allergies in colleges.

# Starchy Food

All colleges must provide starchy food every day.

## What is specified in this standard?

- All colleges must provide starchy food every day.
- Bread must be provided as an extra to the meal every day.
- Starchy food cooked in fat or oil must not be provided more than three times in a single week (see also the requirement relating to [deep-fried food](#)).
- On any day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil must also be provided.

## Why this standard needs to be in place

- To reduce the amount of fat children eat. Eating non-fatty starchy food is a key part of a healthy diet and will help to control calorie intake as fat is a very concentrated source of calories.
- To encourage hungry children to fill up on bread, a healthy source of starchy carbohydrates, instead of unhealthy snacks or confectionery.

## What this food group includes

Bread, pasta, rice, couscous, noodles, potatoes, sweet potatoes, yams, millet, cornmeal and other cereals.

## What are examples of starchy food cooked in fat or oil?

Examples include: sauté and roast potatoes, fried rice, chapattis made with fat.

## What are examples of starchy food not cooked in fat or oil?

Boiled plain rice, pasta, noodles, couscous, sweet potatoes, mashed or jacket potato.

## Is any type of bread acceptable as an extra?

All types of bread with no added fat or oil are acceptable: brown, wholemeal, granary, white, pitta, rolls, homemade bread, chapattis made without fat, ciabatta.

## Serving suggestions

- Try promoting the wholegrain varieties of pasta, rice and bread.
- Use at least some wholemeal flour when making homemade bread.
- Offer a variety of portion sizes to suit different ages and appetites.

## Good practice

- Serve plain bread rather than bread with spreads.
- Serve garlic bread as a menu item, not as an extra.

- Put a bread basket where children can help themselves. Bread should be easily seen by the children who can then pick up a piece if they wish.
- Vary your menu by offering a variety of plain starchy food throughout the week.
- When cooking starchy food in fat or oil, use the minimum amount of oil and drain well.
- Use clean oil that is high in unsaturated fats such as sunflower, rape, soya, olive or a mixed vegetable oil.

**Does this standard apply across the college day in September 2007?**

Yes. Fat or oil shall not be used in the cooking process on more than three days in any week across the college day.

**Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

It will be necessary to provide a type of bread with no added fat or oil every day and starchy food cooked in fat or oil will continue to be restricted to three days in any week across the school day.

# Drinking Water

There should be easy access at all times to free, fresh drinking water.

- Consider installing a point-of use water cooler which uses mains water.
- Modern water fountains could be an additional water point in the dining room.

## What is specified in this standard?

Pupils should have easy access at all times to free, fresh drinking water.

## Good practice

## Why this standard needs to be in place

- To help children switch to drinking water with meals instead of less healthy sweetened soft drinks.
- Water promotes hydration and has no calories.
- To promote water availability in colleges – children do not have to pay for tap water – as it is a drink which is equally accessible to all.

- Make sure that water is available, easily accessible and is free of charge to all pupils where they are having lunch.
- Signpost water stations in the dining room.
- Give younger children a cup or glass of water or let them carry water bottles.
- Make sure that dining room supervisors direct children to water sources.
- Promote water availability throughout the college, so children do not have to rely on taps in toilets for a drink.

## Does the water have to be chilled?

If water can be chilled then it is more appealing but this is not a requirement of the standard.

## Does this standard apply across the college day in September 2007?

Yes. There should be easy access at all times of the day to free, fresh drinking water.

## Serving suggestions

- Provide jugs of freshly-poured tap water together with cups/glasses on tables and at the serving counter.

## Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Yes. There should be easy access at all times to free, fresh drinking water.

# Healthier Drinks

Healthier drinks include water, milk (skimmed and semi-skimmed), fruit juice and combinations of these.

## What is specified in this standard?

The only drinks provided should be those described under the 'What drinks can I serve' section below or see the [updated drinks table](#) (Adobe pdf doc 69KB).

## Why this standard needs to be in place

- To remove drinks from college which have no nutritional value and can cause tooth decay.
- To specifically encourage children to drink water or drinks that provide other nutrients such as milk, yoghurt or dairy equivalent drinks that address calcium requirements, and fruit or vegetable juices that provides vitamin C and other important nutrients such as carotenoids.

## What drinks can I serve?

- Plain drinks such as water (still or carbonated), fruit juice, vegetable juice, milk (semi-skimmed or skimmed), plain soya, rice or oat drinks enriched with calcium and plain yoghurt drinks. For further clarification please see the updated list and definition of drinks permitted in colleges or [updated drinks table](#). This table has been revised to reflect and interpret the 2007 School Food Regulations.

- Combinations of water (still or carbonated) and fruit and/or vegetable juice. These combination drinks must contain at least 50% juice, and no added sugar and may contain vitamins or minerals.
- Combinations of milk (semi-skimmed or skimmed), or plain yoghurt, water, fruit or vegetable juice. In these combinations the milk or yoghurt must be at least 50% by volume and the combined drink may contain vitamins and minerals. Less than 5% sugar or honey may be added to the milk or yoghurt components.
- Combinations of plain soya, rice or oat drink, water, fruit or vegetable juice. In these combinations the soya, rice or oat drink must be at least 50% by volume, and the combined drink may contain vitamins and minerals. Less than 5% sugar or honey may be added to the soya, rice or oat component.
- Combinations of milk (skimmed or semi-skimmed), plain yoghurt or plain soya, rice or oat drinks (with or without plain water) with cocoa. In these combinations the milk, yoghurt, soya, rice or oat drink must be at least 50% by volume and the combined drink may contain vitamins and minerals. Less than 5% sugar or honey may be added to the milk, yoghurt, soya, rice or oat component. No colourings are permitted.

The above combination drinks are classified as non-alcoholic flavoured drinks under EU law and are allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC. For a full list download the [updated drinks table](#).

### **Good Practice**

- Provide drinks that are unsweetened, unfortified and additive free.
- Colleges are strongly encouraged to provide drinks which do not contain preservatives, flavourings, colourings and sweeteners, in line with the original intention of the School Meals Review Panel which was for children to drink 'pure' drinks in college which offer nutritional benefit. The School Food Trust is aware that many manufacturers have been innovative in producing a range of drinks that are popular with young people and are additive free. The School Food Trust is currently working with drinks manufacturers to develop a voluntary code of practice for drinks in schools to support the provision of such drinks. The DfES is discussing with the FSA the possibility of negotiating changes to the EU legislative framework on additives.

- Restrict access to sugar to add to hot drinks.

### **Serving suggestions**

- Offer a variety of fruit juices, for example apple, orange, pineapple or mixed juices.
- Smoothies made from yoghurt and/or milk combined with fruit or fruit juice using a variety of fruits to introduce children to new flavours. Let the children watch and learn how to make smoothies.
- Offer a variety of fruit or plain lassis
- Chill drinks as they are more popular.

### **Does this standard apply across the school day in September 2007?**

Yes. Only the drinks listed in the [updated drinks table](#) may be available during the school day.

### **Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

Yes. Only the drinks listed in the [updated drinks table](#) may be provided when the nutrient-based standards are adopted.

# **Milk and Dairy Food**

A food from this group should be available on a daily basis.

## **What is specified in this standard?**

Dairy food must be available at lunchtime everyday.

## **Why this standard needs to be in place**

To help maintain good intakes of calcium, protein and riboflavin.

## **What this food group includes**

Milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais and custard but not butter and cream.

## **Good practice**

- Offer a variety of dairy products, and where possible serve lower fat options. The 1994 COMA report stated that it is highly appropriate for school-aged children to consume semi-skimmed or skimmed milk in order to help regulate the amount of fat in their diets. Lower fat milk contains the same amount of calcium, protein and riboflavin as full fat equivalents.
- Try not to serve cheese more than once a week as the only vegetarian option.

## **Notes from the 2001 standards**

Schools must still provide food from this group on a daily basis.

## **Does this standard apply across the school day in September 2007?**

No. This standard does not apply across the school day.

## **Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

No. When the nutrient-based standards are adopted this food-based standard is no longer required.

# No Confectionery

Confectionery should not be provided as part of school lunches.

## What is specified in this standard?

Confectionery should not be provided as part of school lunches. Children can no longer choose sweets or chocolate, including products containing, coated or flavoured by chocolate.

## Why this standard needs to be in place

- Confectionery products are all high in sugar and some are also high in fat and do not make a valuable contribution to a child's nutrient intake.
- Many children, especially in secondary schools, eat confectionery instead of a balanced meal for lunch.
- Confectionery products contribute to tooth decay.

## What does confectionery include?

- Chocolate and chocolate products, for example: bars of milk, plain or white chocolate; chocolate flakes, buttons or chocolate-filled eggs.
- Chocolate-coated bars.
- Biscuits containing or coated in chocolate (including partly and fully-coated biscuits such as chocolate digestives, chocolate covered caramel wafers, chocolate fingers, choc chip cookies).
- Sweets, for example: boiled, liquorice, mint and other sweets, also sherbet, fudge, marshmallows, toffee, and chewing-gum; this includes sugar-free sweets and chewing-gum.

- Cereal chewy bars, cereal crunchy bars, processed fruit bars and sugared, dried, yoghurt or chocolate-coated fruit.
- Chocolate ices and other chocolate-coated ice-cream.

**NB:** This does not include cocoa powder used in cakes, puddings, biscuits or low calorie drinking chocolate or combination drinks made with milk, yoghurt or dairy equivalents including soya, oat and rice-based drinks.

## Serving suggestions

- Cakes and biscuits can be served only at lunchtime as long as they contain no confectionery. Children should only be encouraged to eat these as part of a meal following, but not instead of, a main course.
- Replace chocolate flakes or chocolate buttons used as a dessert decoration with fresh or dried fruit.

## Good practice

- Develop 'meal deals' so that the dessert item is not sold separately from the rest of the meal.
- Let children know, if they ask, why confectionery products have been removed.
- Do not replace confectionery items with a huge variety of cakes and biscuits. Keep the selection small and try to make sure that most of them contain some type of fruit, for example: date slices, Dutch apple cake, carrot cake, banana loaf, malt loaf, apple shortbread, fruit, flap jacks, fruit muffins, spicy fruit biscuits.

**Does this standard apply across the school day in September 2007?**

Yes. From September 2007 confectionery should not be provided at any time of the school day where food is made available.

**Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

## **Salt and Condiments - Restricted**

No salt shall be available to add to food after the cooking process is complete.

### **What is specified in this standard?**

Salt should not be provided at lunch tables or at service counters.

Condiments may only be provided in sachets or in individual portions of no more than 10 grams or one teaspoonful.

### **Why this standard needs to be in place**

- To reduce children's salt intake. Most condiments are highly salted and children often consume more salt than they need. They are then more likely to eat too much salt as adults.
- High salt intake increases the risk of high blood pressure, which can lead to heart disease.
- Children do not need extra salt in the dining room because the food that is served to them will already contain enough salt.

### **What do condiments include?**

Condiments include: tomato ketchup, brown sauce, salad cream, mayonnaise, French dressing, mustard, pickles and relishes.

### **Good practice**

- Only serve condiments on request.
- Although not condiments, gravy and other sauces also tend to be high in salt. Serve on request in small amounts.

- Reduce the amount of salt used in cooking.
- Add herbs and spices to dishes to cut down on the need for extra salt and condiments.
- Talk to your suppliers to pick out products with a lower or reduced salt content.
- Pumps that dispense 10g portions should be well supervised.

### **Does this standard apply across the school day in September 2007?**

Yes. From September 2007 this standard will apply across the school day.

### **Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

Yes. When the nutrient-based standards are adopted this food-based standard will still be required at lunchtime.

## Snacks - Restricted

Savoury snacks high in salt and fat such as crisps are no longer allowed.

### What is specified in this standard?

The only snacks available at lunchtime should be nuts, seeds, fruit and vegetables with no added salt, fat or sugar. This means that snacks high in salt and fat such as crisps are no longer allowed. Savoury crackers or breadsticks can only be served with fruit or vegetables or dairy food as part of school lunch.

### Why this standard needs to be in place

- To remove products such as packets of crisps (which tend to be high in fat and salt), from school lunch services. These types of snack products, like confectionery, displace more nourishing food.
- To encourage children to eat a balanced meal at lunch times.
- To change the eating habits of children, as research shows that when given a selection they will choose the less healthy option. By restricting less healthy options we aim to encourage children to routinely make healthier eating choices in and out of school.

### What products cannot be served?

- Any potato, cereal (maize, wheat, oat, rye or rice-based) soya, nuts, seeds, fruit or vegetable snacks with added salt or sugar For example crisps, potato shapes, sweetened and salted popcorn, Japanese rice crackers, flavoured rice cakes, snack biscuits, Bombay mix and salted or sweetened nuts.
- Note: sandwiches, filled rolls, bagels, Panini's and crumpets are not counted as snacks.

### Good practice

- Use low fat, low salt savoury biscuits when serving these at lunchtime as part of a meal. Remember they can only be provided if served with fruit, vegetables or a dairy product such as cheese.
- Be aware of nut allergies. Always refer back to the school and catering policies regarding nuts. Many schools are finding that cases of allergies from peanuts (as well as milk and eggs) are on the increase. The Anaphylaxis campaign states that even the most extreme form of allergy – anaphylaxis – is manageable in schools and cross contamination can be significantly lowered by washing hands with soap after eating/handling nuts. We recommend you visit the allergy in schools website ([www.allergyinschools.org.uk](http://www.allergyinschools.org.uk)) for accurate, reliable information on managing allergies in schools.

**Does this standard apply across the school day in September 2007?**

Yes. From September 2007 snacks should be restricted to those listed above across the school day.

**Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?**

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

## **Deep-Fried Food - Restricted**

Deep-fried food (including those deep-fried or flash-fried in the kitchen or manufacturing process) should not be served more than twice a week.

### **What is specified in this standard?**

Deep-fried food (including those deep-fried or flash-fried in the kitchen or manufacturing process) should not be served more than twice a week. For example, serving battered or deep-fried breaded fish and chips (including oven-baked chips) on the same day means that no other deep-fried food can be served that week.

### **Why this standard needs to be in place**

To cut down the number of times that deep-fried food is served in order to reduce the amount of fat children eat. This will help to control calorie intake as fat is a very concentrated source of calories.

### **What counts as a deep-fried food?**

Any food that is deep-fried or flash-fried either in the kitchen or in the manufacturing process. This includes chips (including oven chips), potato waffles and any prepared coated, battered and breaded products such as chicken nuggets, fish fingers, samosas, potato shapes, spring rolls, battered onion rings and doughnuts.

### **Good practice**

- Prepare as much food as possible from fresh and avoid deep-frying.
- When frying, always use clean oil at the right temperature.
- Use oil that is high in unsaturated fats like sunflower oil, rape, soya or a mixed vegetable oil.

### **Does this standard apply across the school day in September 2007?**

Yes. From September 2007 only two deep-fried items can be served in a single week across the school day.

### **Is this food-based standard maintained when the nutrient-based standards are adopted in 2008 (primary) and 2009 (secondary) schools?**

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

## Meat Products - Categorised and Restricted

Only one meat product (manufactured or homemade) from each of the four separate groups can be provided within a fortnight.

### What is specified in this standard?

Meat products (including manufactured and homemade) are now categorised into four groups. A product from each group below may be provided no more than once per fortnight.

- Group 1: Burger, hamburger, chopped meat, corned meat.
- Group 2: Sausage, sausage meat, link, chipolata and luncheon meat.
- Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty, pasties, bridie, sausage rolls
- Group 4: Any other shaped or coated meat product.

The meat product must also meet the minimum meat content levels specified in the Meat Products (England) Regulations 2003, or the equivalent for burgers if they are not specified in those regulations. Economy burgers are banned and so is certain [offal\\*](#).

### Why this standard needs to be in place

- To improve the quality of meat and poultry products used in schools.
- To cut down on the number of times that meat products are served.

- To reduce the fat content of children's diets.
- To ban products which contain offal on the prohibited list.
- To encourage children to embrace greater diversity in their diets and to explore new taste experiences in and out of school.

### Serving suggestions

- Replace manufactured products with fresh meat and poultry. For example, you could replace chicken nuggets with chicken legs and shaped products with Bolognese or curry.
- Large single crust, multi-portion pies do not fall into Group 3.

### Good practice

- Try to avoid highly processed meat products and concentrate on good quality products with a high muscle meat content.
- Talk to your suppliers to make sure that their manufactured products are of a high enough quality to meet this requirement.

### Does this standard apply across the school day in September 2007?

Yes. Only one of the meat products from each of the four groups listed may be provided no more than once a fortnight across the school day.

### Is this food-based standard maintained when the nutrient-based standards are adopted in 2008 (primary) and 2009 (secondary) schools?

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

**\*Offal**

The list of prohibited offal is: brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen and udder. Mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products).

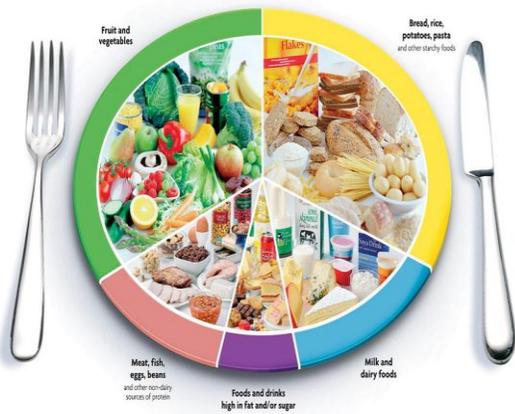
## Appendix D

# The Balance of Good Health

### The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



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## Appendix E

### Government Nutritional Standards Compliance

Harrison Catering have heavily emerged themselves in the entire process that has been bought about by the Nutritional Standards for School Fund. That process being the early stages of menu planning to sourcing the products and marketing the new meals service to children and parents.

Menu Compilation has been completed centrally by the area operations team and development chefs within the company. A four week menu cycle has been created to work timely within the school term periods. The menus are analysed by a Nutritionist employed by Harrow Council to ensure the standards are met and there is balance across the four week cycle.

Where applicable, new products and suppliers have been sourced. Companies are required to make evident their compliance to the nutritional standards by providing policy statements and product specifications.

To be in no doubt of our won compliance, Harrison Catering provide the recipes to every menu dish thus assuring the portions are sufficient and the necessary ingredients are included. The recipe 'service is uploaded and linked to our electronic purchasing system 'Epsys'. It is complete with product codes for easy ordering and is secure information for sue by our personnel only.

Strict adherence to the menus is enforced. In the event where a school requires alterations to the food offer, menu amendments must be approved by the Area Operations Manager who in turn, may seek further nutritional advice.

To date, a great compromise has been achieved as the menus are deemed to be both traditional – offering wholesome family favourite dishes and, creative – demonstrating flair and innovation with new products and concepts whilst always meeting, and often exceeding the nutritional standards. They are positively promoted with the healthy eating message.

Moving forward, Harrison Catering will continue to strive to exceed the requirements at every level and have the following goals have been achieved.

- By September 2007 all school food throughout the day will comply with the nutritional standards. Breakfast Clubs, morning break and lunches will offer total nutritional balance.
- In early 2008, it is anticipated that the nutritional analysis of all menus will be available in all primary schools – several months before it is required.
- In September 2008. The nutritional analysis of all secondary menus will be offered to our clients – one year in advance of the government standards.
- The team of area managers and development chefs are established as a work group with on-going targets to create and refresh the seasonal menus, continue

to source new products, research and experiment with new service concepts and hold close relationships and suppliers.

Harrison Catering has embraced the new government guidelines and we believe the catering offer we provide meets and exceeds the targets that we have been set. We do this throughout the school day by creating a healthy, tasty and appealing balanced diet throughout the Harrow area.