

Steiner Academy Bristol Food Policy

“Children may be overfed with things that make them lose completely their healthy instinct for food, whereas by giving them the proper nourishment, the instinct can be preserved so that they always want what is wholesome for them under the circumstances.” ~Rudolf Steiner

Research shows overwhelmingly that school lunch is vitally important, not just nutritionally, but in supporting learning in the afternoon and is ultimately connected with raising academic standards.

The school will therefore make healthy school lunches and the overall dining experience a priority. Food provided by the school will be healthy and nutritious, and appealing to students.

Food education will play a fundamental part in our curriculum. Staff will be well equipped to educate our pupils about food. As a Steiner school we are working in all aspects of school life to develop the whole child - nourishing mind, body and soul. As such the school kitchen and dining hall are integrated into the life of the school.

Principles underpinning SAB meals

- We will provide daily healthy balanced lunchtime meals and morning for pupils and staff.
- Production of school meals will be cost effective. The cost of providing the food (includes all resources such as staff time, ingredients, kitchen running costs and catering equipment) must not be greater than the income.
- We will be inclusive and aim to cater for different diets, as much as possible, so everyone is able to eat together.
- We will encourage all food brought into school to be good quality and healthy too.
- We aim to increase the confidence in school food and increase school meal uptake.
- To create seasonal meals featuring and highlighting different produce throughout the year, cooked predominantly from scratch, using sustainable and locally sourced food where practical and affordable to do so.

Goals

- Wherever possible and affordable, to source local and sustainable produce. We make menu changes if necessary to ensure this is achieved.
- For main mains, to cook from scratch, from the SAB Kitchen, wherever possible.
- To work towards Soil Association Gold standard for Food for Life.
- To ethically source food produce, including: British Hen Welfare Trust; Compassion in World Farming; Red Tractor assured meat and poultry; and Marine Stewardship Council fish.
- To make our meals available to as many children as possible and increase uptake of meals, especially FSM and UIFSM. We strive to keep costs affordable, whilst maintaining high standards.

The School Dining Hall

(i) Environment

- We will create a calm, harmonious eating environment coupled with suitably nutritious food
- Staff and students eat together, replicating a family meal. SAB will aim to subsidize the cost of providing adult meals to those that supervise pupils at lunchtime.
- We serve meals on crockery with stainless steel cutlery

- Pupils are encouraged and supported to take responsibility and pride in their space - setting/clearing/serving rotas etc

(ii) Preparation, ingredients and nutrition

- high standards of cleanliness and order in the kitchen. We hold 4 star rating and want to have achieved 5 star rating by end of academic year 2018/2019.
- We are a 'wholefoods kitchen' where this is cost effective. This means we cook most things from scratch, prepared in the school kitchen
- in order to boost nutritional content, we aim to reduce processed foods, additives, extra salt in pupils' food. We aim to keep unrefined sugar to a minimum or occasional treats.
- All meals are carefully planned to ensure they are nutritionally balanced and meet or exceed government standards.
- We aim to make available a minimum of 3 vegetables/salad items/fruit every day.
- Menus are varied and change according to the season.
- Ingredients are organic and local as much as possible, where it is cost effective to do so
- We present food with a variety of flavours, colours and textures to broaden tastes and experiences.
- Teachers should arrange food activities, food on class trips, fundraising etc in line with the school's food policy on ingredients, sourcing, and inclusivity.

Food and cooking through the school

Kindergarten - The children experience sharing and preparing healthy food together from their earliest days in our school. Children are involved with food preparation weekly (bread making including grinding grain, vegetable soup, preparing snack) and also preparing special foods for festivals throughout the year.

Every morning snack is served - this is part of the daily 'lessons' that go on in Kindergarten, food is served with reverence and ritual. The provision of the morning snack is dependent on funding from voluntary contributions from parents and carers. The School Cook and kindergarten manager shall work closely together to keep snack within budget.

The School will aim to offer an extended milk provision to Kindergarten children 5 years and above, only if funded through parental contributions.

Kindergarten children also receive a piece of fruit or a vegetable everyday through the Schools Free Fruit and Veg scheme.

Kindergarten children eat similar meals to the Main School, as served in the Dining Hall, in their own classrooms.

For children in Kindergarten a birthday cake will be baked by the classroom team to share in the classroom. This will replace the morning snack.

Lower, Middle and Upper School -

Students may purchase meals or be entitled to Free School Meals, depending on family circumstances. There will be a choice of a main school meal and at least one alternative.

Access to the school kitchen may be granted where agreed and appropriate support can be given by the catering team and teaching staff for food- or cookery-based lessons or for fundraising initiatives.

In class 1-10 children may bring in a birthday cake, fruit or similar snacks (no sweets or chocolate) for their class. Parents are asked to check with their class teacher for details of class dietary requirements.

Drinks

We will ensure that pupils are encouraged to drink healthy drinks throughout the school day to maintain optimum hydration. We will achieve this by providing pupils with access to free, clean and palatable drinking water throughout the day.

Allergens

The school has had support from the Health Education Trust in developing a thorough allergy policy - which should be read in conjunction with this policy.

We are not a nut-free school. We ask for the cooperation and understanding of all parents, pupils and staff to support the other individuals who may have adverse reactions to environments containing nut derivatives or other allergens.

SAB fully recognises its responsibilities for the safety of its children and staff at all times. It is recognised that there is a growing case for awareness in the school for those children and staff who suffer from food allergies and the need to mitigate the risk. Whilst it is not feasible to operate a school-wide ban to food products such as nuts and seeds, there may be occasions where a ban is necessary in a certain class. Parents will be informed by the class teacher or guardian if this is the case.

Awards

Food for life - commitment to achieving Silver Award by end of academic year 2018/2019 and Gold Award the year after.

School Community Members and Food Preparation

Those people within the school community who provide food for fundraising purposes must also adhere to the above requirements and Health and Safety guidelines.

Training will be provided by the school (Level 2 Health and Hygiene) for designated parents who will have access to the school kitchen for school events, in consultation with the Kitchen Manager.

Responsibilities:

Designated Governor: Anna Mapson

Designated Manager: School Business Manager

Designated Staff member: School Cook

Governor committee: Finance and Resources Committee