

Education Department

Policy Directive and Guidelines

FOOD IN GUERNSEY SCHOOLS

F.I.G.S.

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EDUCATION

A STATES OF GUERNSEY GOVERNMENT DEPARTMENT

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1.0 Introduction

1.1 Policy Statement

The Education Department is committed to promoting the health and well-being of all members of school and College communities. It recognises that food and nutrition play an important role in helping students to learn effectively and that educational settings need to give all young people uniform messages about all aspects of health and well-being, ensuring consistency between the formal curriculum and food provision, whilst emphasising healthy eating messages.

The scope of this policy encompasses all food and drink consumed on-site and as part of a school or college activity i.e. the formal curriculum, extra-curricular activities and Education Department events.

The Education Department promotes the [Eatwell Plate Model](#) within the formal curriculum and in food provision. A healthy diet is defined as one where there is a balance of food and drink providing the nutrients required in the right amounts. It also promotes sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.

All aspects of food and nutrition should promote the health and well-being of young people, staff and visitors.

1.2 Policy Objectives

- To set out a consistent approach to food and drink provision throughout the school day
- To ensure that all food, provided by education establishments, throughout the teaching day, adheres to the Guernsey School Food Standards. See Appendix 1 for details
- To direct the curriculum to include learning associated with healthy, balanced diets enabling young people to make healthy food choices
- To require education establishments to work in partnership with parents, carers and young people to provide healthy eating advice, relating to lunch boxes
- To require education establishments to provide a safe, healthy and welcoming eating environment for students and staff to eat their lunch
- To ensure that young people are consulted about food choices, through School Councils or other representative student bodies

1.3 Policy Application

This policy applies as follows, together with any additional related practice specific to the establishment:

- Across all phases at all States of Guernsey education establishments including commissioned services (including post-16 provision)
- On-site during the teaching day as published by each education establishment

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- To the management and practice for all off-site educational visits or field trips and residential events
- To school/college sponsored education-focussed events held at the education establishment and elsewhere

1.4 Accountabilities

Headteachers/Heads of Service and the College Principal are accountable for:

- How food and nutrition education is organised within the curriculum
- Ensuring that provision of food and drink complies with this policy directive and the Guernsey School Food Standards. See Appendix 1.

The Education Department's Head of Resources is accountable for oversight of the contract with the commercial vendor and ensuring that the vendor complies with the Guernsey School Food Standards.

1.5 Responsibilities

- The implementation of this policy directive is the responsibility of the Headteacher who will consider all aspects of healthy eating within the educational setting
- All staff are responsible for compliance with this policy and are therefore expected to ensure that, if they are responsible for any provision of food or any teaching about healthy eating, it complies with this policy. When eating with students, teachers should set a good example by eating healthily
- Health and safety in food preparation is the responsibility of the staff involved

The Education Department's Lifelong Learning Manager is responsible for oversight of the Advisory Body for Food in Bailiwick Schools. The Body meets at least annually with a mandate to:

- Review current provision of food in Guernsey schools
- Monitor the application of this policy directive
- Advise on any developments in food education

1.6 Associated Documents

- Eatwell plate
- External Providers and Support Agencies Directive
- British Nutrition Foundation sample healthy food audit www.nutrition.org.uk

Other useful websites include:

- www.foodafactoflife.org.uk
- www.childrensfoodtrust.org.uk
- www.nhs.uk/Livewell/Childhealth6-15

- www.nhs.uk/Change4Life

2.0 Policy Provision

2.1 On-site Catering

All food provided in schools must comply with the Guernsey School Food Standards. This includes food provided by off-site and on-site caterers. The caterer must ensure that any food and drink provided meets the Guernsey School Food Standards. The implementation of Standards and information about the style of service and menu content are identified in the catering contract.

2.2 Special Dietary Needs

Parents/carers are asked to inform schools of allergies and other diet related medical conditions. The school will support students with special dietary needs during the teaching day.

2.3 Drinks

Education establishments recognise the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. Education establishments will make clean, palatable water available to all students and staff throughout the teaching day.

2.4 Packed Lunches

All education establishments will inform students and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. Education establishments will identify areas for the eating of packed lunches where students can have easy access to drinking water and facilities to dispose/recycle waste.

2.5 Snacks/Tuck Shop

In secondary schools students will be encouraged to eat snacks and have drinks that are low in saturated fat, sugar and salt. Only snacks and drinks that meet the Guernsey School Food Standards will be available to buy. In primary schools snacks provided for learners by school should comply with the Standards.

2.6 Dining Environment

All education establishments will provide a clean, welcoming, sociable environment, indoors and / or out, for learners and staff to eat their lunch. They will specify areas for eating meals and will ensure all such areas have easy access to palatable drinking water and facilities to dispose of / recycle waste.

3.0 The Curriculum

Teaching about the benefits of healthy food and drink must form part of the curriculum.

Teaching about healthy eating will be based on the [Eatwell plate model](#). Staff should refer to schemes of work, support and teaching ideas and resources at www.foodafactoflife.org.uk

Wherever possible, practical and active teaching and learning opportunities will be provided, in particular to develop food preparation skills, in the analysis of food and in maintaining personal health.

The whole school nature of learning about healthy food and drink will be reinforced through assemblies and in celebrations. When visitors, such as Support Agencies or parents, are involved in lessons about food and drink, they will work in accordance with this policy and always with a member of the teaching staff present in accordance with the [External Providers and Support Agencies Policy Directive](#)

3.1 School Clubs, Events and Rewards

The school will aim to ensure that all school social events, school clubs and reward systems operate consistently within the objectives of this policy.

3.1.1 Breakfast Clubs and After School Clubs

After school clubs and breakfast clubs will provide healthy and tasty foods in accordance with the Guernsey School Food Standards and ensure food is prepared in healthy and safe conditions by trained staff.

3.1.2 Parties, Celebrations and Fundraising Events

The Guernsey School Food Standards do not apply to parties, celebrations and fund raising events if those events are infrequent. However, where the Standards do not apply, alternative healthy options should also be provided and the preference remains with the use of healthy foods e.g. fruit or vegetables. Regular activities – e.g. more than a monthly occurrence, must adhere to the standards.

4.0 Health and Safety

All food preparation will adhere to the school's health and safety procedures and will be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff involved in food preparation. Wherever possible, food preparation will be carried out in designated areas in the school. The school's risk assessment procedures will include consideration of food hygiene.

5.0 Continued Professional Development (CPD)

All staff will have access to opportunities for CPD to support compliance with this policy. The following help and advice is available:

- Materials and resources - Health Promotion Unit
- Training on food hygiene - Environmental Health Department
- Advice on food provision - Community Dietician

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- Concerns over individual student diets - Weight Management Nurse
- General advice on healthy eating and packed lunches - School Nursing Service
- A sample guide to a 'Food in Schools Audit Tool' is available from the British Nutrition Foundation www.nutrition.org.uk

6.0 Working in Partnership with Students and Parents

The school will work actively with young people, parents / carers around food and diet. This will include:

- Consulting regularly with students over the provision of food in school and the College (through School Council or other representative student bodies)
- Providing information about balanced and healthy packed lunches
- Ensuring students / parents are informed about this policy

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Appendix 1: Guernsey Food Standards

Food Group	Key Elements of the food-based standards			
	September 2013	Easter 2014	September 2014	September 2015
Fruit & Veg	At least 2 servings per day			
Meat, fish and other sources of protein	A portion of meat, fish or other non-dairy sources of protein must be provided every day. Red meat to be provided no more than 3 times/week in schools			
	Fish once/wk Oily fish once/3wks	Fish twice/wk Oily fish once/3wks	Fish twice/wk – once not canned tuna Oily fish once/3 weeks	
Meat (manufactured or homemade) products - restricted	Meat products should be provided no more than 3/wk (or less to meet school's current standards) across school day	Meat products should be provided no more than 4/wk (or less to meet school's current standards) across school day	Meat products should be provided no more than 3/wk (or less to meet school's current standards) across school day	Meat products should be provided no more than 2/wk (or less to meet school's current standards) across school day
Starchy food	A starchy food must be provided every day (bread, pasta, noodles, rice, potatoes, low fat oven chips)			A starchy food must be provided every day (bread, pasta, noodles, rice, potatoes) Low fat oven chips & pastry can only be provided 1/wk each
	A type of bread with no added fat or oil must be provided daily		Extra bread with no added fat or oil must be freely available with meal	
Milk and Dairy Food	Milk or dairy food (cheese, yoghurt (including frozen), fromage frais and custard; (but not butter or cream) must be provided every day			
Salt - restricted	Salt should not be added to food after the cooking process is complete. This means salt should not be provided at lunch tables or at service counters			
Condiments -	Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than			

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restricted	10g or 1 teaspoon	
Savoury Snacks - restricted	Savoury crackers and bread sticks can be provided at lunchtime only	
	Savoury snack restrictions as per guidance* (or less to meet school's current standards)	Savoury snacks (as per guidance***) may be provided at lunch-time only
Confectionary**	Confectionary such as sweets or chocolate only available at lunch time	Confectionary (as per guidance***) may be provided at lunch-time only
Cakes and Biscuits	Cakes and biscuits allowed (as per guidance*** i.e. must not include confectionary)	Cakes and biscuits (as per guidance***) may be provided at lunch-time only
Water	Free, fresh drinking water must be provided every day	
Healthier Drinks	The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit or veg juice, yogurt drinks or combinations of above (fruit juice and water combinations must be at least 50% juice) Flavoured (unsweetened) water and	The only drinks permitted during the school day are: plain water (still or sparkling), skimmed or semi-skimmed milk, or milk-based drink (less than 5% total added sugar AND no more than 400ml) fruit or veg juice (max 200ml), or fruit/vegetable juice and water combination (at least 45% juice, and no more than 330ml in total for beverage) yogurt drinks (less than 5% added sugar AND no more than 400ml) Flavoured water & ice tea not permitted

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	ice tea is permitted Tea, coffee and low calorie hot chocolate (no more than 20cal/100ml) are permitted	Tea, coffee and low calorie hot chocolate (no more than 20cal/100ml) are permitted
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* Guidance on Savoury Snacks

No more than 100 calories per item

This includes for example: crisps, crisp-like products, pretzels, salted or sweetened popcorn, rice crackers, cream crackers, oatcakes and bread sticks.

**Confectionary

No more than 100 calories per item

This includes:

Chocolate and chocolate products (e.g. bars of milk, plain or white chocolate, chocolate flakes, buttons or spread)

Chocolate coated products (e.g. partially or fully coated biscuits, chocolate coated fruit or nuts, choc ices or cereals coated with chocolate)

Sweets including sugar-free sweets

Chocolate, yoghurt or sugar-coated dried fruit and nuts

Cereal bars, processed fruit sweets and bars

*** Cakes and Biscuits

No more than 100 calories per item

This includes:

Individual slices of cake, individual cakes (sponge, Swiss roll, fruit cakes, banana cake, apple cake, carrot cake, sponge fingers)

Buns, muffins and Chelsea buns

Pastries (croissants, Danish pastries, Bakewell tarts, jam tarts, mince pies, custard tart)

Biscuits include all types, sweet (digestive, ginger nuts, flapjacks, shortbread) and savoury (cream crackers, breadsticks, oatcakes).