



Food Policy

Approved by:	Trustees	Date: October 2023
Last reviewed on:	September 2023	

Contents

1. Overview	2
2. Legislation	2
3. The standards for school lunch	2
4. School Lunch Requirement.....	3
5. Monitoring and Review	3

Our Vision and Ethos

Nishkam schools are Sikh ethos multi faith schools that take a distinctive approach to many traditional faith schools. The Nishkam School Trust education model is led by virtues such as, compassion, humility, service, contentment, optimism, trust and forgiveness. Virtues are prevalent throughout our teaching and learning model and are modelled by our pupils, staff and teachers. Our pupils explore the divine context of humanity and wonder of all creation and also learn from the wisdom of all religions and in doing so explore the infinite human potential to do good unconditionally. We support all pupils and staff to develop aspects of their own religious, spiritual or human identities. In service of God, we pray for guidance in this endeavour and forgiveness for the errors we may make.

1. Overview

All food provided or consumed on school sites is vegetarian (no gelatine, fish, meat or eggs). Vegetarian meals lend to many benefits including dramatically reducing an individual's carbon footprint, significantly improvement in long term health, as well as underpinning the school ethos of compassion for creation. All of our schools are 'nut free' and adopt a culture of allergy awareness.

Health benefits of a well-balanced vegetarian diet include;

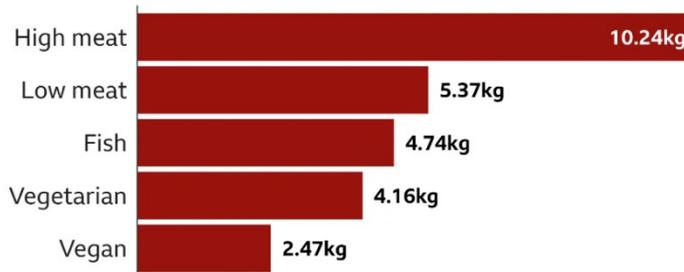
- Increased life expectancy
- Reduced cancer risk
- Contribute to reducing health co-morbidity e.g. blood pressure and/or cholesterol levels
- Reduce the risk of long-term illnesses such as asthma

Climate benefits

A recent study from Oxford University is one of many studies that confirm the significant impact of non-vegetarian food on the environment.

Eating meat creates more greenhouse gases

How much carbon dioxide do different types of diet produce per person* each day?



*Based on an adult eating 2,000 calories a day

BBC NEWS: LEAP Project/Nature Foods

B B C

Legislation

This policy complies with the following;

- Sections 512, and 533 of the Education Act 1996, as amended
- Section 114A of the School Standards and Framework Act 1998
- Schools Food standards February 2023
- From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school lunch.

The standards for school lunch

- a. Starchy foods is an important source of energy and B vitamins which include bread, rice, potatoes and pasta. Where possible **wholegrain alternatives** could be considered. School meals will not include starchy food cooked in fat or oil (e.g. chips) no more than 2 days each week

- b. Fruit and Vegetables - These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, and at least three different fruits and three different vegetables each week where possible. Avoid serving baked beans more than once a week. If and when baked beans are served choose low-sugar and low salt varieties.
- c. Milk and Dairy foods - These foods provide protein, riboflavin, vitamin A and calcium for healthy bones and teeth. Lower fat milk is available at least once a day during school hours..
- d. Protein such as beans, pulses, soya, vegetarian protein substitutes should be varied – and served at least three times a week as a minimum.
- e. Food containing Omega 3 fatty acids are important in the diet and should be included at least once a week. Vegetarian food examples include chia seeds, edamame beans, kidney beans and flax seeds.
- f. Foods and drinks high in fat and / or sugar should be minimised. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as prevent tooth decay, heart disease, stroke, and diabetes. No more than two portions of food that have deep fried, batter/ breadcrumb coated or food which includes pastry a week. Savoury crackers can be served with fruit or vegetables. Dessert, should avoid containing high sugar and sweets, These items will be avoided; vegetables and fruit with added salt, sugar or fat; sweets, chocolate or chocolate coated products.
- g. Drinks that are permitted are; water (still / sparkling), 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 drinks, 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, all with less than 5% added sugars or honey, tea, coffee, hot chocolate
- h. Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.

2. Additional notes

- From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school lunch.
- Special dietary requirements - the school will endeavour wherever possible to accommodate students' specialist dietary requirements including allergies, intolerances, religious or cultural practices.
- The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of students.

Packed lunches

Many children bring packed lunches to school. Children's packed lunches should follow the vegetarian policy for food to be consumed in school and on school trips. The quality of food for pack lunches should aim to follow the above food standards guidelines; parents should be regularly informed about these guidelines. A process to assess packed lunches should be in place.

Foods- Packed lunches must NOT contain non-vegetarian food, sweets or chewing gum. High sugar foods such as Chocolate biscuits cakes are discouraged. Drinks – water is provided at the lunch tables however any drinks provided in lunch boxes should only include plain water or flavoured water in line with drinks provided for children having a school lunch. Fizzy drinks are not allowed.

The school does not accept food donations by parents that has been prepared in the home.

3. Monitoring and Review

There will be regular review and monitoring of food provided by the School Leader. This policy will be approved by the Trust Board.