



Policy Directive and Guidelines

FOOD IN GUERNSEY SCHOOLS

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Document Status

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Summary of Changes¹ from Previous Versions

Version no/Date	Change	Comment	Section/ Page
October 2020	Version Update	Template and wording updated.	General.
	Accountabilities	Member of CESC Senior Leadership Team to be accountable for the Directive	1.4
	Links to Associated Documents	Individual links removed from the Associated Documents section and added link to Health Improvement Commission website that has all the key resources.	1.6
	Link and wording added	Link to the Medicines in Schools and Supporting Learners with Medical Needs policy and wording added to note those with special dietary needs should be supported.	2.2
	<i>Table started October 2020</i>		

¹ Material changes only. Minor changes (such as to punctuation, grammar, etc.) will not be listed

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1.0 Introduction

1.1. Policy Statement

The Education Office is committed to promoting and supporting the health and well-being of all members of school and college communities. It recognises that food and nutrition play a fundamental role in helping learners to learn effectively. It also recognises that educational settings need to create a consistent 'whole-school' approach to nutrition which focusses on supporting the school community to eat well and ensures consistency between the formal curriculum, on-site food and drink provision and food and drink provided at extra-curricular activities and Education Office events. All of these aspects fall within the scope of this policy directive.

To help support a healthy diet among learners - that is a diet where there is a balance of food and drink providing the nutrients required in the right amounts - the Education Office promotes the [Eatwell Guide](#) within the formal curriculum (both theoretical and practical curricula) and within the provision of food and drink. The Education Office also promotes sustainability through reduced packaging, responsible recycling and disposal of the waste produced from food and drink.

1.2 Policy Objectives

- To set out a consistent approach to food and drink provision throughout the school day.
- To ensure that all food and drink provided by education establishments throughout the teaching day, including through extra-curricular and regular events, adheres to the Guernsey School Food Standards. See Appendix 1 for details.
- To include in the curriculum learning associated with healthy, balanced diets supporting young people to make healthy food choices and, wherever possible, include opportunities to develop skills to prepare nutritious food.
- To require education establishments to work in partnership with parents, carers, staff and young people to promote and support the provision of healthy lunchboxes.
- To require education establishments to provide a safe, healthy and welcoming eating environment for learners and staff to eat their lunch.
- To ensure that young people, parents, carers and staff are consulted about food and drink choices, through School Councils or other representative learner and staff 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 and Alderney maintained education establishments, including commissioned services.

- To on-site during the teaching day as published by each education establishment.
- 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 where children and young people are present.
- The policy also applies to the College of Further Education/Guernsey Institute, with the following variations:
 - Curriculum content: not all curricular will include nutrition education
 - Lunchboxes: information on balanced and healthy lunchboxes will be made available to learners *on request*.
 - Food and drink provision: food and drink supplied through catering provision, snacks, tuck shops, extra-curricular activities, special occasions, frequent (monthly or more often) events such as parties, celebrations and fundraising events will meet “Community Nutrition Standards” (name and content to be confirmed) as opposed to the Guernsey School Food Standards.

Throughout this policy directive, ‘Headteacher’ refers to Heads of Service, Secondary School Principals and the College of Further Education Principal, and ‘school’ refers to any education establishment.

1.4 Accountabilities

The Head of Inclusion and Services for Children & Schools will be accountable for the policy.

Headteachers are accountable for:

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

Head of Education Resources and Estates Management is accountable for:

- Oversight of the contracts with the commercial vendor and ensuring that the vendor complies with the Guernsey School Food Standards.
- Taking action where contractual requirements are not met.

Education and Be Active Lead is accountable for:

- Oversight of the advisory body for food in Bailiwick schools - ‘FIGS Group’. The body meets at least termly with a mandate to:
 1. Monitor the application of this policy
 2. Prompt and support change to help facilitate the application of this policy

3. Advise on any developments in a whole-school approach to nutrition, including food education, leadership and management, policy, school culture and environment, giving learners a voice, relevant staff CPD and partnership work with parents/carers and communities.
4. Review current provision of food in Bailiwick schools and the College of Further Education/Guernsey Institute and advise Headteachers and the Head of Education Resources and Estates Management of instances where the food provision is not meeting the Guernsey School Food Standards.

1.5 Responsibilities

- The implementation of this policy is the responsibility of the Headteacher who will consider all aspects of nutrition 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 drink or any teaching about nutrition, it complies with this policy. In line with the impact of role modelling, when eating with learners, teachers are encouraged to set a good example by eating healthily.
- Health and safety in food preparation is the responsibility of the staff involved.

1.6 Associated Documents

The documents and key resources associated with this policy can be found through the below link. The documents and resources found here will be reviewed and updated to ensure that relevant information is shared. The link will also lead to 'live lists' that give examples and suggestions with regards the sections below, such as 'Rewards', Extra-curricular Activities and Special Occasions':

- <https://healthimprovement.gg/services/eat-well/eat-well-school>

2.0 Policy Provision

2.1 On-site Catering

All food and drink provided in schools must comply with the Guernsey School Food Standards. The implementation of the Standards and information about the style of service and menu content are identified in the relevant catering contracts. If the Standards are not met then action will be taken, as set out in the catering contract.

All education establishments that supply or prepare food should fall under the food hygiene ratings scheme which can be found at www.gov.gg/fhis.

2.2 Special Dietary Needs

In accordance with this policy directive as well as the policy [Medicines in Schools and Supporting Learners with Medical Needs](#), education establishments should be notified of a learner's health condition including allergies and other diet related medical conditions. The school will support learners with special dietary needs during the teaching day, this may include the drawing up of an Individual Healthcare Plan to provide clarity about what needs to be done, when and by whom. Schools should ensure that a system is in place for formally recording learners with special dietary needs and that catering teams are informed of this.

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 learners and staff throughout the teaching day. Provision of any other drinks will meet Guernsey School Food Standards.

2.4 Packed Lunches

All education establishments will inform learners 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 learners can have easy access to drinking water and facilities to dispose/recycle waste. Whether eating a packed lunch or food provided by the education establishment, all learners will be able to sit together.

2.5 Snacks/Tuck Shop

In primary and secondary schools, learners will be encouraged to eat snacks and have drinks that are nutritious and/or low in saturated fat, sugar and salt. Snacks and drinks that are available to buy or that are provided by the school will meet the Guernsey School Food 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 recycle/dispose of waste.

3.0 The Curriculum, Rewards and External Providers

3.1 Curriculum Content

Teaching about the benefits of healthy nutrition must form part of the curriculum and be based on the [Eatwell Guide](#). Staff should refer to schemes of work, support and teaching ideas and resources at www.foodfactoflife.org.uk

Wherever possible, practical teaching and learning opportunities will be provided, in particular to develop both an understanding of the positive role of nutrition and to support the development of associated cooking skills.

3.2 Rewards

Educational establishments will not allow food to be used as a reward for good behaviour or achievement. Other suggested methods of positive reinforcement can be found at: <https://healthimprovement.gg/services/eat-well/eat-well-school> .

3.3 External Providers and Support Agencies

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/carers, 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](#).

4.0 Extra-curricular Activity and Special Occasions

4.1 School Clubs, including Breakfast and After-school Clubs

School clubs, including breakfast and after-school clubs, together with all those provided by commissioned services, will provide food and drinks in accordance with the Guernsey School Food Standards.

4.2 Parties, Celebrations and Fundraising Events

To demonstrate schools' commitment to promoting and supporting consistent, healthy behaviours among learners, schools and their fundraising committees will endeavour to choose fund raising opportunities that promote good health and nutrition. Food and drinks at regular (monthly or more frequent) events will meet Guernsey School Food Standards and, at less frequent events, schools will provide and promote healthy options alongside other food and drink options or alternatives to food.

5.0 Health and Safety

All food and drink preparation, including that prepared for extra-curricular activities and special occasions, 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.

6.0 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 also available:

- Small selection of materials and resources - Public Health Services
- Training on food hygiene - Environmental Health Department
- Advice on food provision - Community Nutritionist, Health Improvement Commission
- Concerns over individual learner diets - School Nursing Service
- General advice on healthy eating and packed lunches - School Nursing Service

The Health and Safety Team also provide access to online courses for learners, staff and caterers:

- Food Allergy Awareness Course
- Food Safety & Hygiene Course Levels 1-3

In addition to this, guidance on food safety management procedures and food hygiene regulations for caterers can be found at:

- [Safer Food, Better Business](#).

7.0 Working in Partnership with Learners, Parents/Carers and Staff

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

- Giving learners a regular voice in respect of the school's approach to nutrition as a whole
- Consulting with parents/carers and staff with regards to the school's approach to nutrition

- Partnering with parents/carers and staff to support nutrition within the school community

Appendix 1 – Guernsey School Food Standards (November 2020)

	Term 1 (Winter 2020)	Term 2 (Spring 2021)	Term 3 (Summer 2021)	Term 4 (Winter 2021)
Fruit	One or more servings available every day			
		At least 3 different fruits every week (variety of colours)		
			A dessert containing fruit at least 2 times a week (less than 22.5g sugar/100g)	
				Provide a serving daily with every meal deal
				Fruit to be available daily in every school outlet
Vegetables	One or more serving available every day			
		At least 3 different vegetables each week (variety of colours, including green leafy veg)		
			At least one serving of vegetables or salad served with every meal	
				Provide a serving daily with every meal deal
				Vegetables to be available daily in every school outlet serving meals
Starchy Foods	One or more serving from this food group every day			
	Bread (all available varieties) with no added fat or oil must be available every day			
	Three or more varieties of starchy foods every week			
		One or more wholegrain variety every week	Two or more wholegrain varieties every week	50% of starch provided should be wholegrain

		Starchy food cooked in fat or oil no more than two days each week (includes oven chips)		
Meat, fish, eggs, beans & other non-dairy protein	A serving from this food group every day			
	Red meat not to be served more than 3 days a week	A portion of meat or poultry is served on three or more days each week		
	Processed meat or poultry products on no more than 2 days each week	No more than 2 servings of processed meat or poultry product across the whole week		
		A portion of plant-based protein on three or more days each week	At least three varieties of plant-based protein each week	<i>Need to be determined for vegetarian/vegan standard</i>
	Two servings of fish each week, one not canned tuna			
	A serving of oily fish at least once every 3 weeks			
Milk & Dairy	A serving of milk or dairy food to be provided every day			
		<i>To investigate the need for the availability of dairy alternatives for those who are unable to consume dairy (e.g. soya, oat, rice, nut milks, yogurts and cheese)</i>		
		Yogurt (less than 10g sugar/100g) to be available 2 or more times each week	Yogurt (less than 10g sugar/100g) to be available 3 or more times each week	
			Skimmed or semi-skimmed milk must be available for drinking daily	
Food High in fat, sugar & salt	Pastry to be served no more than 2 days a week	No more than 2 portions of food which contain pastry each week (across whole school day)		
		No more than 2 items each week that have been batter-coated		
	Savoury snacks to be limited to 100kcal servings (max of 115kcal)	Savoury crackers or breadsticks can be served at lunch with fruit, vegetables or dairy food	No snacks, except nuts (if permitted), seeds, vegetables and fruit with no added salt, sugar or fat (across whole school day)	

Food High in fat, sugar & salt (cont'd)	Confectionary & chocolate to be limited to 100kcal servings (max of 115kcal)	No confectionary, chocolate and chocolate coated products permitted (applies across whole school day)	No snacks, except nuts (if permitted), seeds, vegetables and fruit with no added salt, sugar or fat (across whole school day)
	Biscuits & cakes to be limited to 100kcal servings (max of 115kcal)	Desserts, cakes & biscuits are allowed at lunchtime; they must not contain any confectionary (see The School Food Plan Standards for guidance on type & portion size). A maximum of two varieties of dessert, one variety of cake and one variety of biscuit is permitted each day.	
	Salt must not be available to add to food after it has been cooked		
	Condiments to be limited to sachets or portions of no more than 10g (1 teaspoon)		
Water	Free drinking water to be available at all times (responsibility of school)		
Healthier Drinks	Plain water (still or carbonated)		
	Lower fat milk or lactose reduced milk		
	Fruit or vegetable juice (max 200ml)	Fruit or vegetable juice (max 150ml)	
	Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks		
	Combinations of fruit or vegetable juice with plain water (still or carbonated) with no added sugar or honey. Max 330ml and at least 45% juice (but no more than 150ml juice)		
	Combinations of fruit juice with 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 sugar or honey		
	Tea coffee, hot chocolate less than 20kcal/100ml	<i>To investigate hot drink provision</i>	<i>To advise re. hot drink provision</i>