

# Croydon School Food Plan

Part of the Croydon Food Flagship Borough Programme

April 2015

Dear Reader

This document outlines the plan for schools as part of the Croydon Food Flagship Borough Programme and its whole systems approach to transforming food locally.

The Croydon School Food Plan aims to support local schools and caterers to improve their food provision and food education over the first two years of the Food Flagship programme. This document outlines the vision for school food locally and the activity planned to achieve this vision, across Croydon schools.

For more information about the Croydon School Food Plan or the progress and monitoring of the activity in schools, please contact the School Food Improvement Officer at [laura.flanagan@croydon.gov.uk](mailto:laura.flanagan@croydon.gov.uk)

Signed

Mike Robinson, Director of Public Health



David Butler, Head of School Standards and Commissioning



## Croydon School Food Plan

### THE VISION

The vision for school food in Croydon is that all children and young people have access to high quality food and opt to make healthier food choices. Pupils and staff will have an increased awareness of the importance of nutrition on their health and wellbeing and healthy food will be the easy choice for them, in and out of school.

As part of the Food Flagship Programme, The Croydon School Food Plan will bring together head teachers, caterers, staff, pupils and parents/carers to be actively involved in improving the food and food education in each school, and work towards meeting and exceeding the best practice recommendations of the National School Food Plan. Schools will act as a catalyst for change by instilling a love of healthy food across their local communities.

The work of the Croydon School Food Plan will contribute to the wider Food Flagship Programme outcomes of reducing childhood obesity, increasing attainment at KS2 and KS4 and reducing new cases of type-2 diabetes.

### THE LOCAL PICTURE

There are currently 49,419 children across 117 publically funded schools in Croydon. Of those schools, the 84 infant, junior and primary schools, 23 secondary schools, 6 special schools and 4 pupil referral units will be the focus of the Food Flagship Programme and Croydon School Food Plan. 44 of these primary and secondary schools are academies and 30 of them are exempt from the mandatory requirement to follow the National Food Standards, as they were established between September 2010 and June 2014.

The current health statistics for local children and young people show high levels of obesity at reception age (10.9%) and rises further at Year 6 (22.8%), with both figures higher than the National and London averages. Figures for overweight and obese children are 23.1% for reception and 38.3% for year 6 (National Child Measurement Programme data 2013-2014).

Levels of deprivation are also high in parts of Croydon and 10 schools currently have free school meal entitlements of above 35%.

Croydon schools have a good track record of engagement with the local Healthy Schools programme and 58% of them currently hold the local award and also qualify for Healthy Schools London Bronze. A further seven have been awarded Healthy Schools London Silver and Gold awards, demonstrating a strong commitment to health and wellbeing.

### HEAD TEACHERS LEADING THE CHANGE

A key component of both the National and Croydon School Food Plan is head teachers leading the change within their schools. The Croydon vision is that head teachers will contribute to and support the borough school food plan and value the need to improve school food, encouraging pupils to lead healthier lifestyles and reach their full academic potential. The Croydon School Food Plan will ask for a commitment from head teachers to audit their current food provision, using the Head teachers' (HT) checklist (*see Appendix 1*), and identify areas for improvement. Head teachers will encourage a whole school approach to making long-term and sustainable food improvements. They will be fully supported throughout the process by the local School

Food Improvement Officer and as part of the existing local Healthy Schools Programme. The Croydon School Food Plan will also draw on their expertise to develop and review the plan throughout the Food Flagship Programme and sustain the work in local schools, long-term.

**THE PLAN – ACTIVITY IN LOCAL SCHOOLS**

**1. Food Flagship Schools**

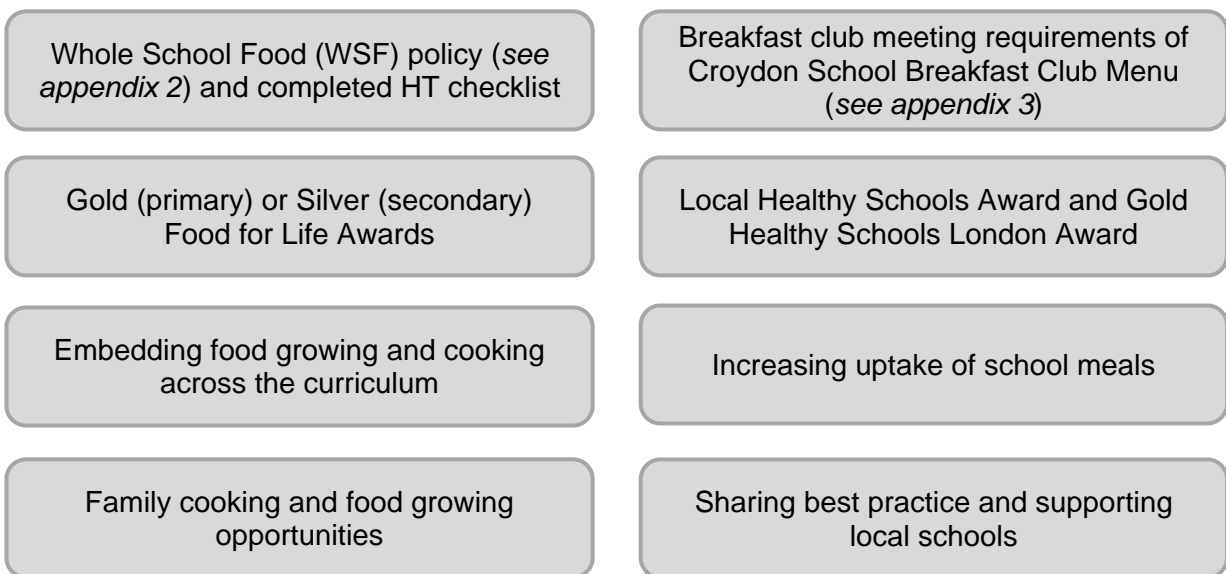
As part of the Croydon School Food Plan, three Food Flagship schools have been identified to receive intensive support and funding to improve every aspect of food provision and food on the curriculum. These three schools, Rockmount Primary School, Fairchildes Primary School and Addington High School, have all committed to leading the change in Croydon and sharing what works well, with other local schools.

Each school will be awarded £20,000 over a 2 year period and will benefit from local and outside organisation support.

Flagship Head teachers will be asked to raise the profile of the Croydon School Food Plan by disseminating information and sharing practice with other local Head teachers.

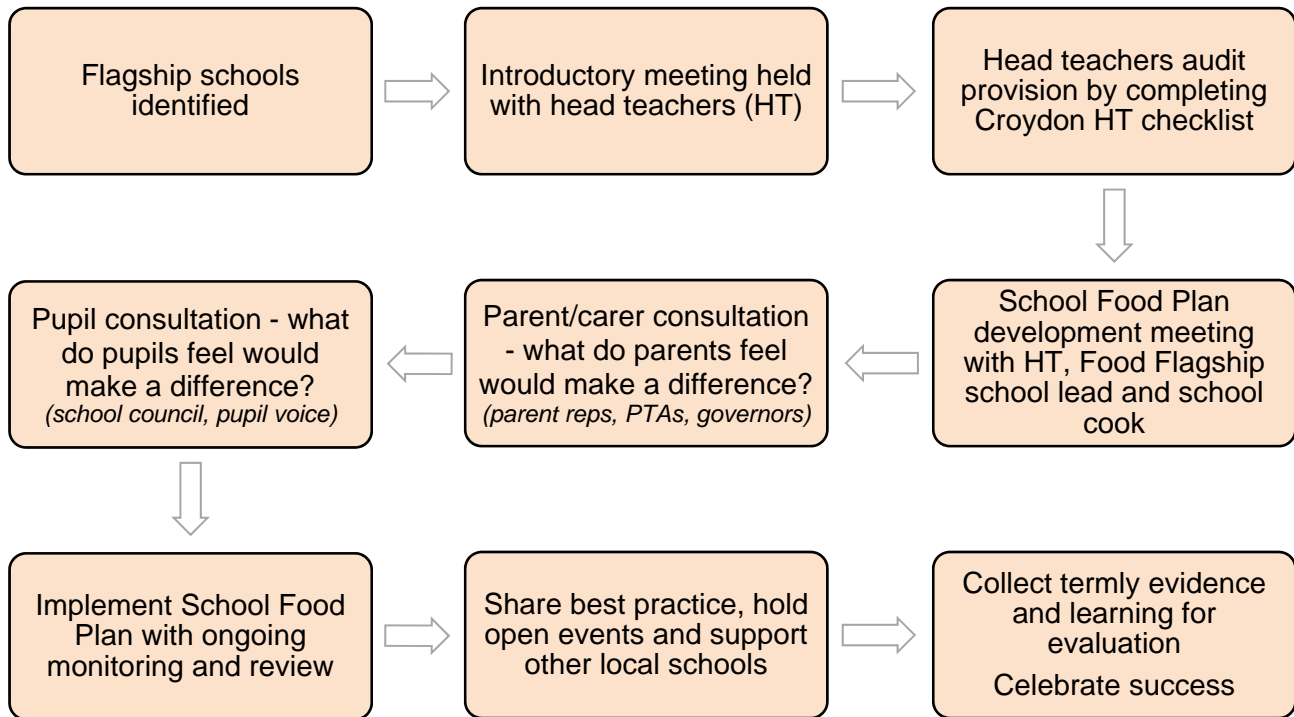
Food Flagship schools will be focusing on key areas of school food as outlined in *Figure 1*, with an acknowledgement that primary and secondary school expectations will vary.

*Figure 1 – Activity in Flagship Schools*



The Food Flagship schools' approach to improving food provision and education will be structured, well planned and carefully evaluated to ensure that learning can be shared across the borough and more widely. The process in *Figure 2* will be used with each Flagship School, with Fairchildes Primary and Addington High School working in collaboration, where possible.

Figure 2 – Planned Structure of Flagship School’s Approach

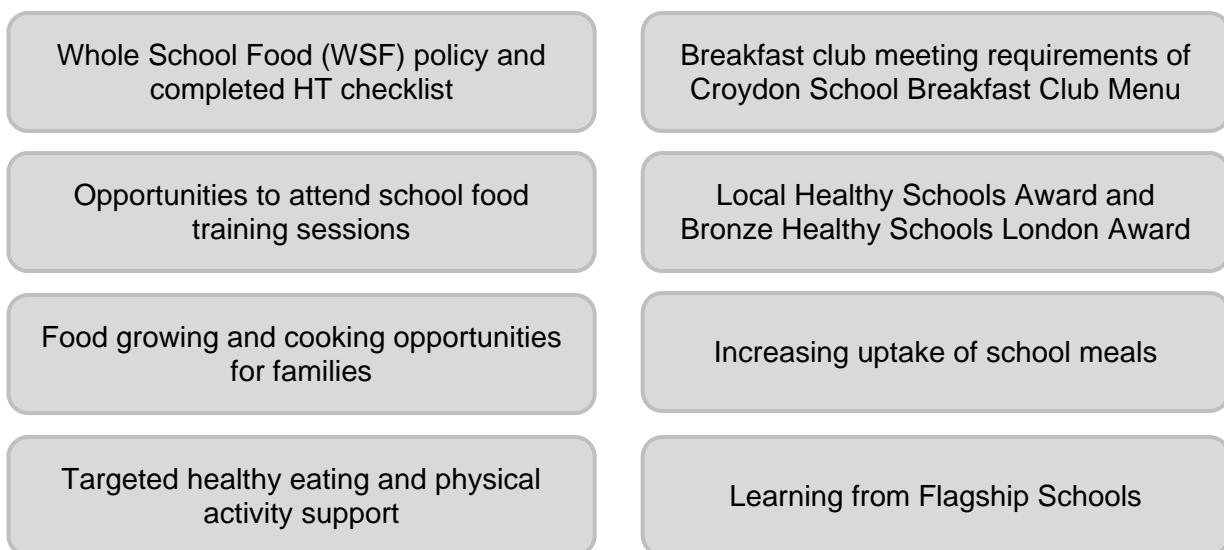


## 2. Targeted Schools

As part of the Croydon School Food Plan, 45 primary schools have been identified as having the highest levels of childhood obesity, through the NCMP data, across a 3 year period. These schools are currently receiving support around healthy eating on the curriculum and physical activity, from external partners specialising in these areas, over the academic years 2013-2014 and 2014-2015.

This cohort of schools will also be targeted with an enhanced level of support, during the first year of the Food Flagship Programme.

Figure 3 – Activity in Targeted Schools



### 3. All Croydon Schools

Across the two year Food Flagship Programme, all Croydon schools will be offered support to improve food provision and food education, as part of their involvement in the local Healthy Schools programme. Year 2 of the Food Flagship programme will see the focus move away from the target 45 schools and to the remainder of the primary and secondary schools in the borough. The activity described in *Figure 3* will be rolled out across Croydon schools. Schools will be encouraged to work together, where clusters and partnerships are already established.

All Croydon schools will also have the opportunity to take part in an annual health and wellbeing survey, providing them with detailed data about current food habits of their pupils.

### 4. Academies

With 30 of Croydon's 44 academies being exempt from following the School Food Standards, it is vital that these schools are voluntarily signed up on the National School Food Plan website. Academies will be offered support and training to engage in the local healthy schools programme and improve their food throughout the school day.

### 5. Caterers

Croydon schools currently make their own choices about their catering providers, leading to a variety of companies, cooks and in-house chefs preparing and serving food across the borough. There are currently 11 catering companies and over 25 in-house chefs and cooks across all schools.

The Croydon School Food Plan will bring together caterers and school senior leaders to agree a shared vision and commitment to improving school food. All caterers will commit to meeting the school food standards and they will be supported to work in partnership with head teachers or senior leaders to increase the uptake of school meals through improved food quality, presentation and service, increased involvement of pupils and improvements to the dining environment.

The Croydon Schools and Caterers Agreement (*see Appendix 4*) outlines the key targets that caterers and schools will be asked to jointly work towards, throughout the Flagship Programme.

### 6. The wider community and Food Flagship Programme

With schools at the heart of many communities, it is important that links are developed between them and the whole Food Flagship Borough Programme including; healthy businesses, the Community Food Learning Centre, community gardening and the Food Partnership Board. See *appendix 5 for an overview of all Programme projects and outcomes.*

#### PRIORITIES AND TARGETS

The Croydon School Food Plan has 4 key priorities with targets related to each.

<b>Priority 1</b>	<b>Children eat healthy breakfasts and lunches (and therefore are more likely to attain)</b>	
	Croydon schools and caterers will support the 'Schools and Caterers Agreement'	Dec 2016
	All Croydon main caterers and schools will meet the School Food Standards	Dec 2016
	80% of Croydon schools will offer a breakfast club meeting at least the minimum requirements of the Croydon School Breakfast Club Menu	Jan 2017
	The uptake of Universal Infant Free School Meals will increase from 81% to 87% across Croydon schools	Jan 2017

The uptake of school meals at Key Stage 2 will increase from an average of 53% to an average of 70% across all Croydon junior and primary schools (excluding special schools)	Jan 2017
The uptake of school meals in Croydon secondary schools will increase from an average of 68% to 75%	Jan 2017

<b>Priority 2</b>	Children and parents/carers know how to grow and cook healthy food and are inspired to do so	
6 schools in the New Addington and Fieldway Area will be supported to run food growing clubs by the Community Food Learning Centre		Aug 2016
Flagship schools will deliver 12 parent/carer healthy eating workshops or cookery demonstrations		Jan 2017
20 schools will receive training and support to increase food growing opportunities in their own school		Jan 2017
At least 10 schools will receive Community Grants to increase food growing or cooking opportunities in their own school		Jan 2017

<b>Priority 3</b>	A whole school approach is taken to healthy eating and inspiring a love of food	
40 head teachers will attend a briefing about the Food Flagship Programme aims		April 2015
45 schools (with the highest NCMP obesity figures) will complete the HT checklist		Jan 2017
95% of schools will have a whole school food policy detailing their healthy food provision across the school day		Jan 2017
120 staff (from at least 45 schools) will attend school food training sessions to improve their knowledge and confidence		Jan 2017
All flagship schools will complete initial and 1 year on HT checklists to audit food provision and then develop their own School Food Plans		Apr '15 & July '16
All flagship schools will achieve Gold Healthy Schools London Award		Dec 2015
Both flagship primary schools will achieve Gold Food for Life Award		Jan 2017
The flagship secondary school will achieve Silver Food for Life Award		Jan 2017

<b>Priority 4</b>	'What works well' is shared amongst Croydon schools	
Flagship schools will support 40 staff from at least 20 local schools to improve food provision in their own schools		Jan 2017
Flagship schools will hold 6 open events to showcase 'what works well' to other schools		Jan 2017
Flagship schools' staff will attend each termly Healthy Schools network meeting and share progress with other local schools		Ongoing

Progress on the above targets will be monitored quarterly, with the exception of school meal data which will be collected annually. The Croydon School Food spreadsheet will be kept and updated with an overview of activity and achievements in each Croydon school.

*The risks impacting on the achievement of the above targets are outlined in Appendix 6.*

## PARTNERSHIP WORKING

The success of the Croydon School Food Plan will be largely dependent on building positive working relationships between local and external agencies, with everybody working towards clear common goals. This plan strives to bring together the best support for Croydon schools and facilitate partnership working between head teachers and school caterers. Croydon schools will also share learning with Lambeth, as the other Food Flagship Borough, ensuring that the very best is made of this opportunity and that sustainable changes are made to school food for the future.

*The Croydon School Food Plan will be reviewed on a quarterly basis.*

## Appendix 1 – Head teachers' checklists

Checklists have been developed using the National School Food Plan with shaded questions specifically added for Croydon schools.

### PRIMARY CHECKLIST

		Y	Developing	N	
Leading the Change	Is the head teacher leading the change?				
	Are other staff taking responsibility for school food, where appropriate?				
	Do you have a whole school food (WSF) policy covering provision across the school day?				
	Do all staff promote healthy eating (positive role models in line with WSF policy)?				
	Are you happy with your catering contract?				
	Has your catering provider drawn up a clear plan for increasing school meal take-up?				
	Has your catering provider committed to achieving a quality award such as Food for Life?				
A Whole School Approach	Do you provide a regular breakfast club?				
	Is lunchtime valued and seen as an important part of the school day?				
	Are cooks and lunchtime supervisors valued as part of the whole school team?				
	Can parents/carers ask questions of your school cook and share views on school food e.g. at parents' evening?				
	Are pupils' views used to influence school food?				
	Are children getting consistent healthy eating messages across the school day?				
	Are all rewards linked to non-food items?				
	Is food grown in school?				
	Is any food grown used in school meals?				
	Is cooking and food growing used across the curriculum?				
Are pupil, parent/carer or family cookery classes on offer?					
Concentrating on the things children care about	Food	Does your breakfast menu meet the Croydon School Breakfast Menu requirements?			
		Does the lunch food look appetising and taste good?			
		Is there a mix of familiar/unfamiliar food and are children encouraged to try new food?			
		Is all lunchtime food easy to see and make a choice about (including salad bar)?			
		Are pupils actively encouraged/supported to make healthy choices e.g. salad bar/fruit?			
		Are healthy food choices rewarded (school meal and packed lunch)?			
		Are pupils actively encouraged to eat their food?			
		Do you use local and seasonal suppliers?			
		Do children have to choose a balanced meal and is this monitored?			
		Do you have a strict packed lunch policy limiting unhealthy options?			
		Do you have only healthy snacks served and allowed at break-time and after school?			
		Is your school water and milk only? Is water easily accessible for all pupils?			
	Environment	Is the dining room clean and attractive with a nice smell?			
		Are queuing times reasonable?			
		Do you have plates and bowls instead of sectioned trays?			
		Do you have 'family style' dining or elements of this? (food served from centre of table)			
	Social	Are all school dinner and packed lunch children allowed to sit together?			
		Is there enough time for all children to eat?			
		Have adaptations been made for children unfamiliar with the hall/canteen?			
	Price	Can you make your meals cheaper?			
		Do you have a family discount for multiple siblings?			
	Brand	Are menus clear and attractive - available both in advance and visible on the day?			
		Can children taste samples of food?			
Do staff eat with the children?					
Do you hold themed lunches?					
Do children have opportunities to cook, serve or prepare lunch food?					
Can parents/carers eat a school lunch with children or taste school meal food?					
Can family members join cooking or growing clubs?					
Do local partners support food growing/cooking e.g. farm, community allotments, chef?					



SECONDARY CHECKLIST

		Y	Developing	N	
Leading the Change	Is the head teacher or another appropriate senior leader, leading the change?				
	Are other staff taking responsibility for school food, where appropriate?				
	Do you have a whole school food (WSF) policy covering provision across the school day?				
	Do all staff promote healthy eating (positive role models in line with WSF policy)?				
	Are you happy with your catering contract?				
	Has your catering provider drawn up a clear plan for increasing school meal take-up?				
	Has your catering provider committed to achieving a quality award such as Food for Life?				
A Whole School Approach	Do you provide a regular breakfast club?				
	Is lunchtime valued and seen as an important part of the school day?				
	Are cooks and lunchtime supervisors valued as part of the whole school team?				
	Can parents/carers ask questions and share views about school food e.g. at parents' evening?				
	Are pupils' views and ideas used to influence school food?				
	Are pupils getting consistent healthy eating messages across the school day?				
	Are all rewards linked to non-food items?				
	Is food grown in school?				
	Is any food grown used in school meals?				
	Are pupil, parent/carers or family cookery classes on offer outside of curriculum time?				
	Concentrating on the things children care about	Food	Does your breakfast menu meet the Croydon School Breakfast Menu requirements?		
Do you have a stay on site policy at lunchtime?					
Does the lunch food look appetising and taste good?					
Is there a mix of familiar/unfamiliar food and are children encouraged to try new food?					
Is all lunchtime food easy to see and make a choice about (including salad bar)?					
Are pupils actively encouraged to make healthy choices e.g. salad bar/fruit?					
Are healthy food choices promoted or incentivised?					
Do you use local and seasonal suppliers?					
Do children have to choose a balanced meal?					
Do you have a packed lunch policy limiting unhealthy options?					
Do you have only healthy snacks served and allowed at break-time and after school?					
Do you have a drinks policy restricting energy/fizzy/high sugar drinks?					
Environment			Is the dining room clean and attractive?		
		Have pupils been involved in influencing the design, décor, layout of the dining space?			
		Are queuing times reasonable?			
		Do you have multiple serving stations to queue at?			
		Do you have a cashless system?			
		Do you have multiple checkout points?			
Social		Can all pupils sit down somewhere to have lunch?			
		Is there enough time for all pupils to buy their food and eat it?			
Price		Can you make your meals cheaper?			
		Do you have a family discount for multiple siblings?			
Brand		Are menus clear and attractive - available both in advance and visible on the day?			
		Can pupils taste samples of food?			
		Do staff eat the school food?			
		Do you hold themed lunches?			
		Do pupils have opportunities to cook, serve or prepare lunch food?			
		Can family members get involved in growing or cooking in school?			
	Do local partners support food growing or cooking e.g. local restaurants, local farm, community allotments, local chefs in school?				

Please note, these checklists are excel spreadsheet documents when used in schools, with space for Head teachers to record examples of current and planned activity.



## Appendix 2 – Whole School Food Policy Template

### Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by **insert name and role**.

### Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

### Food throughout the school day

#### 1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 8.00am – 8.50am.

The breakfast menu includes: **Include menu of foods available or attach as appendix**.

**The breakfast club menu is also available online and one-off family breakfast events are organised throughout the year – delete if not applicable.**

#### 2. School Lunches

School meals are provided by **insert catering provider** and served between **insert times** in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a catering award **insert which, if applicable**.

School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

#### 3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. *For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.*

#### 4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the morning and include: **insert food**  
A healthy school tuck shop runs daily at break-time. The tuck shop is managed and run by **insert who**. The tuck shop menu is: **Insert list of food available**

Pupils are able to bring **insert food allowed** into school to eat at break-times.

After school snacks are provided by the school and include **insert food provided**  
Pupils are allowed to bring in their own after-school snacks including **insert food allowed**

#### 5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Water is provided **insert where and when**.

**For secondary schools**, please detail drink policy including restricted drinks such as energy drinks, fizzy drinks and high sugar still drinks e.g. Rubicon/Ribena.

#### 6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

### Rewards and special occasions

#### Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:  
**A list of positive reinforcement methods could be inserted here**

#### Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children will receive: **Insert birthday policy here (ideas could include a song in class, lunch on the birthday table at lunchtime, a birthday badge/sash)**

We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

## Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

**Insert additional subjects, where relevant, for secondary schools.**

Termly clubs also support the teaching of food and healthy eating and include **insert clubs e.g. cooking or food growing**

Staff delivering cooking sessions and clubs have achieved **Level 1/2 in Food Safety and Hygiene.**

## Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is **insert name and role and reference to other relevant policies.**

Pupil's food allergies are displayed in a sensitive way **insert how** in relevant places around the school including **insert where.**

## Expectations of staff and visitors

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 pupils.

Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. **Insert if this is incentivised or subsidised.**

## Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend. **Insert details of other activity.**

## Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Date policy implemented:

Review Date:

### Appendix 3 – Croydon School Breakfast Club Menu

The following guidance is designed to help Croydon schools provide a nutritious and balanced meal at breakfast clubs and meet the National School Food Standards for 'food other than lunch'. Please use the Minimum Recommended Breakfast Club Menu as a starting point and build on this using the Breakfast Club Food Choices in the table below.

<u>Minimum Recommended Breakfast Club Menu</u>	<u>Tips for Planning a Breakfast Club Menu</u>
<ul style="list-style-type: none"> <li>• 2 x cereals (from list below)</li> <li>• 1 x bread product (rotate across the week)</li> <li>• Fruit (at least 3 x per week)</li> <li>• Semi-skimmed milk</li> <li>• Plain or fruit yoghurt</li> <li>• Spreads or toppings</li> <li>• Water</li> </ul>	<ol style="list-style-type: none"> <li>1. Create a weekly breakfast club menu with different choices across the week</li> <li>2. Share your menu with families and staff and have it clearly displayed</li> <li>3. Provide as much variety as possible e.g. by changing the cereals and rotating the bread type across the week</li> <li>4. Use left-over infant fruit and veg. for breakfast club the next day</li> <li>5. Place water and chopped fruit in the centre of the tables</li> <li>6. Have a protein choice on 1 or 2 days each week</li> </ol>

Breakfast Club Food Choices (based on the Eatwell Plate food groups)				
Starchy Foods	Fruit and Veg	Protein	Dairy	Foods high in sugar/fat
<u>Cereals</u> <ul style="list-style-type: none"> <li>• Porridge</li> <li>• Weetabix</li> <li>• Shredded Wheat</li> <li>• Cornflakes</li> <li>• Rice Krispies</li> <li>• Cheerios</li> </ul> <u>Breads</u> <ul style="list-style-type: none"> <li>• Toast (a variety including 50/50, wholemeal, white)</li> <li>• Crumpets</li> <li>• Wholemeal breakfast muffins</li> <li>• Bread rolls</li> <li>• Bagels</li> <li>• Toasted teacakes</li> <li>• Malt loaf</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruit (chopped)</li> <li>• Tinned fruit in juice/water</li> <li>• Cherry tomatoes</li> <li>• Tinned tomatoes</li> <li>• Dried fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs – scrambled or boiled (from a pasteurised source)</li> <li>• Baked beans - reduced sugar and salt</li> <li>• Vegetarian, baked sausages</li> </ul>	<ul style="list-style-type: none"> <li>• Semi-skimmed milk</li> <li>• Yoghurt – low fat plain or fruit</li> <li>• Low fat cheese (on toast)</li> <li>• Low fat cream cheese spread</li> </ul>	<ul style="list-style-type: none"> <li>• Sunflower/olive spread</li> <li>• Marmite</li> <li>• Reduced sugar jam/marmalade</li> </ul> <div style="background-color: #e0e0e0; text-align: center; padding: 5px;"><b>Drinks</b></div> <ul style="list-style-type: none"> <li>• Water</li> <li>• Semi-skimmed milk</li> <li>• 150ml pure fruit juice (diluted 50/50 with water for primary schools)</li> <li>• Low sugar hot chocolate and weak tea/coffee (secondary schools only)</li> </ul>

**Important note**

Please do not serve high sugar or high fat foods at your breakfast club such as croissants, brioche, sugary cereals (e.g. Frosties, Coco Pops, Honey Loops), chocolate spread or honey and sugar to add to cereals or drinks.

#### **Appendix 4 - Croydon Schools and Caterers Agreement (Apr 2015-Jan 2017)**

This agreement highlights the key Croydon School Food Plan targets that all local caterers and schools will be asked to actively support and work towards. These targets will be shared with caterers and schools across the borough.

*Please note that only targets relating to all schools and caterers are included in this agreement.*

#### **Under the Croydon School Food Plan Priority 1**

##### **- Children eat healthy breakfasts and lunches**

1. All Croydon main caterers and schools will meet the School Food Standards
2. 80% of Croydon schools will offer a breakfast club meeting at least the minimum requirements of the Croydon School Breakfast Club Menu
3. The uptake of Universal Infant Free School Meals at Key Stage 1 will increase from 81% to 87% across Croydon schools
4. The uptake of school meals at Key Stage 2 will increase from an average of 53% to an average of 70% across all Croydon junior and primary schools (excluding special schools)
5. The uptake of school meals in Croydon secondary schools will increase from an average of 68% to 75%

#### **Under the Croydon School Food Plan Priority 3**

##### **- A whole school approach is taken to healthy eating and inspiring a love of food**

6. 95% of schools will have a Whole School Food Policy covering food provision across the school day

A partnership approach has been agreed by the following Croydon caterers and in-house cooks:

*(logos of caterers/schools to be added)*

## Appendix 5 – Croydon Food Flagship Programme Overview (links between projects and outcomes)

Relevant themes in “Ambitious for Croydon”	Longer healthier lives	Healthy and resilient families	Quality Schools and Learning	A place that communities are proud of	Financial Resilience and Affordable living	
Programme Outcomes (change over 5 years +)	<b>Improve attainment at KS2 and KS4 across all schools</b>		<b>Prevalence of childhood obesity as measured by NCMP</b>		<b>Incidence of Type 2 diabetes</b>	
Local Intermediate Outcomes (change in first 2 years)	<b>More children eat good quality food in schools at breakfast and lunch time</b>	<b>More families eat good quality food in and out of home</b>	<b>More children know how to cook real food and aspire to do so</b>	<b>More families cook real meals</b>	<b>More children and parents know how to grow their own food and aspire to do so</b>	<b>More food eaten in Croydon has been grown in Croydon</b>
Rationale (link between local and overall programme outcomes)	Children who eat well at school will have improved concentration and hence attainment; will encourage their parents to provide good food at home and hence reduce obesity and diabetes	Good food at home will reduce consumption of sweets and other unhealthy snacks between home and school/pre-school so reducing childhood obesity	Children who know how to cook will encourage their families to do so and will cook real food themselves in the future, reducing adult obesity and new cases of diabetes	Families who cook real meals will be more discerning about food shopping and takeaway choices, and are role models for extended family and neighbours, hence reducing adult obesity and diabetes	Knowing how to grow food will encourage actual growing; change food shopping behaviour and raise interest in good food, hence reducing obesity and diabetes	Food grown locally will be tastier and more nutritious, raising expectations of the quality of bought food, and reducing the amount of junk food consumed
<b>Flagship Projects to deliver Local Outcome (see separate project brief for each) NB Food Partnership Board covers all</b>	<b>Croydon School Food Plan</b>  <b>Healthy Schools</b>	<b>Croydon School Food Plan (Parent Involvement)</b>  <b>Child Hunger Project (Innocent Foundation)</b>	<b>Croydon School Food Plan (Cookery Skills in Curriculum)</b>	<b>Community Food Learning Centre</b>  <b>Community Grants</b>	<b>Croydon School Food Plan (Growing)</b>  <b>Community Grants</b>  <b>Food Growing</b>	<b>Community Gardening Capacity Building</b>  <b>Regeneration (Developing Food Businesses)</b>
Flagship Project outputs	Increased uptake of FSM Increased uptake at breakfast clubs Improved quality of meals	Attendance at cookery demonstrations  2- and 3-year olds receiving healthy meal	Cookery lessons with positive evaluation from parents/children  Awareness of food ingredients	Attendance at cookery courses  Community bring cook and eat events	School growing areas  Fruit and vegetables grown in schools and community  Community education/taster events	Trained community gardening tutors, advisors and volunteers  Pop-up food shops
Other Croydon activities supporting the Local Outcome (funded separately)	Croydon Healthy Schools Awards	Eat Well network of takeaways (Croydon Heart Town) Planning controls	Healthy Schools		Heart Town: Shared outcomes of prevention of diabetes and cardiovascular disease)	Community Food Hub (Surrey Street)
Local Indicator(s) and data source e.g % pupils eligible for FSM take up offer (School data)	Numbers eating free school and all meals at schools (school data)	Self-reported food diary (parents/children survey via app). % Food outlets offering healthy option (council data)	Food/cooking knowledge/attitudes – Supplementary BMI measurements in flagship schools	Meals questionnaire – parents survey via app	Knowledge/attitudes – parents and children’s survey Knowledge/attitudes – school quiz	Numbers of food businesses – council data. Self-reported community growing activity – social media

## Appendix 6 – Risks

There are a number of factors that may impact on the outcomes of the Croydon School Food plan. These are detailed below.

Risk	Activity to mitigate risk	Person responsible
Schools choose not to buy into the local Healthy Schools (HS) Programme	<ul style="list-style-type: none"> <li>• Programme and support is widely promoted through meetings, newsletters, emails and network meetings</li> <li>• Programme and buy-in reviewed on a quarterly basis</li> </ul>	Improvement Officer Health & Wellbeing
Large number of Croydon academies exempt from meeting National Food Standards	<ul style="list-style-type: none"> <li>• Standards promoted to schools via emails and Healthy Schools Network meetings</li> <li>• Schools encouraged to voluntarily sign up on School Food Plan website</li> <li>• Schools actively encouraged to buy into the local HS programme and access support and training</li> </ul>	School Food Plan national team  School Food Improvement Officer
UIFSM leading to parents not registering for FSM entitlement	<ul style="list-style-type: none"> <li>• Schools actively support parents to complete form when starting school to ensure the school receives all Pupil Premium money they are entitled to</li> <li>• Schools encouraged to promote the importance of completing the forms through regular newsletters, coffee mornings, parents' evenings and meetings</li> <li>• School office staff able to support parents to complete the form, where necessary</li> </ul>	Individual schools
Catering companies are not actively engaged in the Croydon School Food Plan	<ul style="list-style-type: none"> <li>• Regular caterers network meetings organised throughout the Food Flagship Programme</li> <li>• Relationships built with each catering contractor and support offered to strengthen relationships with schools, where necessary</li> <li>• Caterers encouraged to showcase their food in schools at different events e.g. Flagship schools' open events</li> </ul>	National School Food Plan team  School Food Improvement Officer