



The Lancashire School Food Plan Head Teachers Checklist




The Lancashire School Food Plan has been produced by Lancashire Healthy Schools and Lancashire County Commercial Group. The plan has been populated with additional guidance to help support primary schools to improve their take up of lunches and the food culture. We have ticked some of the criteria achieved through working with your school meal provider LCCG.

Food	How Lancashire County Commercial Group support their schools	Tick if Achieved
<p>Have lunch with the children as often as possible. Ask yourself whether the food looks appetising and tastes good. If the answer is negative provide objective feedback to the service manager.</p>	<p>This is one of the practical steps you can take to work in conjunction with the catering team to improve the quality and take up of school lunches and an opportunity to have lunch with your students.</p>	
<p>LCCG ensure that their school meals comply with food and nutrient standards and that the menus are planned to feature a mix of familiar and new foods. Encourage children and staff to experiment by tasting new foods and recipes.</p>	<p>LCCG use a software system to monitor all of our menus.</p> <p>We test all of our new products and recipes in schools and ask pupils for feedback on the dishes.</p> <p>We encourage tasting sessions when new menus are released.</p>	<p>✓</p> <p>✓</p> <p>✓</p>
<p>Children and their parents find the idea of using local produce exciting (especially when it comes from the school garden), and are more likely to try it when served at lunchtime.</p> <p>In respect of sustainable fish, we avoid the Marine Conservation Society red list and promote the best MCS green list which includes Marine Stewardship Council (MSC) certified fish.</p>	<p>Whenever possible LCCG use Lancashire vegetables in our lunch menu. Our cheese, milk and yoghurts are all produced in Lancashire.</p> <p>Where schools grow their own produce we welcome the opportunity to prepare and serve them so the children can taste the fruits (or vegetables) of their labour.</p> <p>All of our fish is Marine Stewardship Council (MSC) certified.</p>	<p>✓</p> <p>✓</p> <p>✓</p>



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<p>Ask Lunchtime Supervisors and members of staff to encourage children to take a balanced meal including vegetables, salad and fresh fruit. Some children will need bread from the bread basket for their energy needs but this should be monitored carefully so it isn't all they eat.</p>	<p>LCCG and Lancashire Healthy Schools are always working to find new ways to encourage pupils to choose a balanced lunch.</p> <p>See the case study from Salterforth Primary School with their golden spoon award http://www.lhsp.org.uk/index.php?category_id=617</p> <p>Lucy Krupa, Unit Catering Manager at Salterforth Primary School has a great relationship with the children in school and has a very supportive head who is always up for allowing Lucy to try out new ideas to help keep lunchtimes interesting and exciting. One such idea has been the introduction of the 'Golden Spoon Award' to encourage children to eat up their lunch, try new things and have good table manners. The reward for winning is the very popular honour of helping serve lunches on the following Monday!</p>	
<p>Make sure packed lunches are not a better option. Ban sugary drinks, crisps and confectionary, or offer prizes and other incentives for bringing in a healthy lunch. Some schools ban packed lunches outright. If you want to do this, try starting with one year group at a time. The ban will then apply to all the years that follow them, until it extends to the whole school.</p>	<p>LCCG offer packed lunches to pupils particularly in the warmer months of the year. Our packed lunches are packed with goodness and temperature controlled. Please speak to your catering supervisor if you wish to introduce a packed lunch service into your school.</p> <p>Have a look at our good practice case studies at http://www.lhsp.org.uk/index.php?category_id=598 Broadway Primary School did a lot of work to improve packed lunches to make them healthier. This resulted in an increase in the number of school meals served.</p> <p>Develop a packed lunch policy in consultation with the whole school community for use in school to ensure that they are the same standard as school meals.</p>	
<p>Ensure chilled tap water is widely available at all times, make it the drink of choice across the school</p>	<p>LCCG ensure chilled water is available at every lunch time along with fresh semi-skimmed milk.</p>	



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and encourage all children to keep well hydrated.		
Environment	How Lancashire County Commercial Group support their schools	
Look around your dining hall. Is the room clean and attractive?	Look at the good practice case study from Balderston St Leonard's Primary School who revamped their dining room into Betty's Bistro. http://www.lhsp.org.uk/index.php?category_id=616 Work with your Service Improvement Manager, Food Council or School Council for ideas to help revamp the dining room.	
Keep queuing times short. Try staggering lunch breaks; introduce more service points; serving food at the table, family-style; and reducing choice.	Our schools use a variety of methods; speak to your Service Improvement Manager for more advice on any of these areas to improve your service. See the case study from St Mary and St Benedict's RC Primary School, Bamber Bridge who introduced two sittings for lunch at http://www.lhsp.org.uk/index.php?category_id=613	
On line payment and point of sale systems are a good way of ensuring that children are able to choose their meal and have more time to eat their lunch.	If you're interested in introducing a cashless system or pre order service for lunch times, please contact you Service Improvement Manager who will assist you.	
Replace prison-style trays with proper crockery.	Many of our schools have done this already. Consult with your children through your School Council or Food Council to see what they prefer and contact your Service Improvement Manager for further information. See the case study from Tonacliffe Primary School who replaced the trays with crockery at http://www.lhsp.org.uk/index.php?category_id=613	
Social life	How Lancashire County Commercial Group support their schools	
Allow all children to sit together – don't segregate those with packed lunches.	Children prefer this so they can enjoy lunch with friends. It also encourages packed lunch children to see what the school lunches are like.	



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<p>Structure the lunch break so there is sufficient time for eating as well as activities or clubs. This may mean making the lunch break longer or timing the clubs differently.</p>	<p>We know that many schools are already ahead of the game on this one with their planning. If you require any support, please contact your Service Improvement Manager.</p>	
<p>Give special consideration to the youngest children at school, who might be intimidated by the noise and rush of lunch break.</p>	<p>Your Service Improvement Manager can advise you on improvements to the dining room environment.</p> <p>Use ideas from your new Healthy Heroes resource Love to Eat School Lunch to help children to get used to the routine at lunchtime.</p>	
<p>Improve the brand</p>	<p>How Lancashire County Commercial Group support their schools</p>	
<p>Encourage teachers to eat in the dining room with the children. It may require a cultural or logistical shift, but every single good school we visited did this. It has a unifying effect on the whole school, and raises the status of school meals.</p>	<p>See the case study from Ribby with Wrea Endowed C of E Primary School at http://www.lhsp.org.uk/index.php?category_id=613</p> <p>"Following consultation with pupils and parents, feedback from those concerned felt that the pupils needed to take more responsibility for their eating and general lunchtime behaviour. We began by looking at how the pupils mixed and felt that larger lunch tables that would seat eight would be more conducive to a pleasant lunchtime, this ensured a mix of older and younger pupils. We purchased colourful tablecloths, and attractive coloured jugs for drinks. This made the eating areas more attractive to the eaters."</p> <p>"We asked staff (teaching and non-teaching) to eat their lunch alongside pupils, to model good eating behaviour, to encourage this we paid for their lunches for two weeks . After the two weeks staff continued to do this on a voluntary basis."</p>	
<p>LCCG provide schools with menu leaflets and the relevant link to information on the web site so parents can be kept up to date.</p>	<p>Our website www.servinglancashire.org.uk contains promotional days and our latest menus for parents to view at their leisure. It also gives you the opportunity to contact us directly should you wish to feedback suggestions or raise a query.</p>	



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<p>Talk to your caterer about holding tasting sessions for children to sample new foods and recipes.</p>	<p>See the case study from Euxton Primrose Hill Primary School at http://www.lhsp.org.uk/index.php?category_id=613 Use your School Council or Food Council to gather feedback on the new menus from children.</p>	
<p>Participate in promotions and themed events – such as World Cup day, or international food day – to get the children excited.</p>	<p>See the case study on birthday lunches at Woodlea Junior School. It has proved so popular with pupils and staff in school that this idea is now being rolled out across a lot of Lancashire primary schools. http://www.lhsp.org.uk/index.php?category_id=613</p>	
<p>Organise a group to represent children's views on school lunch, such as school nutrition action group (SNAG) or School Council.</p>	<p>We have some of our schools with their own Food Council as well as a School Council. Our Food Council schools focus purely on improving the lunchtime experience for everyone and get involved with planning their own themed lunches as well as working alongside our school meals theme events. See the case study from Castercliffe Primary who have their own Pupil Parliament with four other schools in their area and the School Council at St Catherine's Primary School, Leyland http://www.lhsp.org.uk/index.php?category_id=614</p>	
<p>Encourage children to help others by serving salads and fruit. This encourages the uptake of salad and fruit.</p>	<p>See the case study from Harris Primary School, Preston http://www.lhsp.org.uk/index.php?category_id=615</p> <p>LCCG offer a Food Hygiene certificate for KS2 children to enable them to serve other children from the salad bar.</p>	
<p>Adopt a 'whole school' approach</p>	<p>How Lancashire County Commercial Group support their schools</p>	
<p>Treat lunchtime as part of the school day, your canteen as an extra classroom and your cooks and lunchtime supervisors as key members of staff, on a par with teachers and business managers.</p>	<p>Our catering team is always willing to get involved with school activities and attend staff and pupil meetings. Please let your catering supervisor know if you'd like them to come along to any of your future discussions.</p>	



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<p>Invite your catering supervisor to attend parent's evenings to meet parents and talk about menus.</p>	<p>To enable them to update parents on school meals, staff can display what has been on the menu that day and some tasters so parents can see the portion sizes and try the food themselves. See the case study from Pendle Primary School, Clitheroe http://www.lhsp.org.uk/index.php?category_id=613</p>	
<p>Make sure children get consistent messages about nutrition in lessons and at lunchtime.</p>	<p>It's always great that the messages are the same in lesson time and lunch time. This reinforces healthy eating messages and the whole school approach to food across the day. Please contact your catering supervisor if you wish to run a bespoke theme day that fits in with your lessons. Use ideas in class from the new Healthy Heroes school lunch resource. See the case study from St Michael and St John'S RC Primary School, Clitheroe http://www.lhsp.org.uk/index.php?category_id=617</p>	
<p>Choose classroom rewards for children that are not sweets.</p>	<p>Ensure that this is reflected in your food and drink policy, refer to Lancashire Healthy Schools for further advice.</p>	
<p>Grow food in your school, and use some in the school lunch.</p>	<p>LCCG provide schools with seasonal growing plans and have supplied seeds for growing. We actively encourage our catering supervisors to participate in the experience. See the case study from Holy Trinity Primary School Tarleton about growing and cooking http://www.lhsp.org.uk/index.php?category_id=615</p>	
<p>Use cooking and growing as an exciting way to teach subjects across the curriculum - from history to maths, science to enterprise, technology to geography.</p>	<p>Our local suppliers and farmers are always keen to assist schools to help educate pupils on the benefits of growing and cooking. If you'd like more information please contact the Food, Service and Promotions Manager, contact details on page 8.</p>	
<p>Offer after school cooking lessons for parents and children.</p>	<p>Many schools already have successful cooking clubs up and running where they invite a family member in for the last session to work together and then enjoy eating what they have made. See the case study from Padiham Green Church of England Primary School http://www.lhsp.org.uk/index.php?category_id=617</p>	



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	Further details about how to set up and run a cookery club is available from Lancashire Healthy Schools.	
Leadership – Get the community involved	How Lancashire County Commercial Group support their schools	
Give parents, carers and grandparents the opportunity to taste school food and eat with children at lunchtime and/or parents' evenings.	See the case study on community lunches at Thurnham Glasson Primary School, Glasson Dock at http://www.lhsp.org.uk/index.php?category_id=613	
Invite family members to help with gardening clubs.	Are there opportunities to train up volunteer parents to work alongside staff in school to support you with gardening and cookery club? Consider food hygiene training as well as health and safety issues, both of which are available through LCCG. See the case study from Bolton by Bowland Primary School to find out how they involve parents with growing http://www.lhsp.org.uk/index.php?category_id=615	
Leadership – service improvement and standard of quality	How Lancashire County Commercial Group support their schools	
Discuss and agree a service improvement plan with your caterer with the aim identifying joint actions aimed at increasing take up.	If you would like to make any amendments or improvements then our catering team are always willing to work with you. Please contact your Service Improvement Manager in the first instance.	
It is desirable but not essential to achieve a standard of quality.	LCCG are always working to improve service standards. We are currently working in conjunction with the Food for Life Partnership. The Lancashire Healthy Schools Programme (LHSP) provides schools with an accreditation process to quality assure and celebrate achievements. The healthy eating quality standard can be used to help guide practice and serve as an audit tool to help schools when demonstrating impact.	



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	<p>A new development is the Healthy Schools Standard recognising schools that are continuing to focus on the areas previously highlighted in National Healthy Schools Status, which includes healthy eating.</p> <p>http://www.lhsp.org.uk/index.php?category_id=536</p>	
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We can help support our Lancashire schools as well as those outside of the county with advice, information and training, contact us for further details.

For any queries about school food then please contact Emma Armitt, Lancashire County Commercial Group, email emma.armitt@lancashire.gov.uk or telephone: 01772 646803.

For any queries about the School Food Plan, Healthy Schools or the whole school approach to food then please contact Lisa Suddes, Education Health and Wellbeing Team, email lisa.suddes@lancashire.gov.uk , mobile 07766 384897.