

## **School meals and healthy eating at school**

Around 22,000 meals are served every day in East Sussex maintained (state funded) schools. Most schools in the county have a kitchen where meals are freshly prepared. A small number of schools have meals transported in from another school.



### **Primary schools**

All food provided by local authorities must meet national nutritional standards. These ensure that children are provided with a healthy, balanced diet. We have been working with Chartwells to create a range of school meals that meet these standards, as well as the Government's new nutritional standards for 2008, making us one of the first local authorities to achieve this standard.

We offer a variety of red meat and poultry dishes, omega-3 rich oily fish, rice, pasta, and offer more choice of fresh fruit, vegetables and salads. We have also reduced the fat, sugar and salt content in school meals.

### **Payment of school dinner money**

All school meals should be paid for via ParentPay, an online cashless catering system, making schools safer and giving you peace of mind.

Parents and children can decide on a daily basis whether they would like to order a dinner or alternatively have a packed lunch from home.

School meals should be paid for before 8am on the day, or in advance, via ParentPay. There's no need for children to take cash into school - you can top up your balance using one of the payment methods accepted. Your balance will be updated daily based on the meals your child selects. Paying for your child's school meals online gives you more control and greater visibility over the food choices they are making.

We cannot provide your child with a meal unless payment has been received in advance or made on the day your child requires a meal. For any queries regarding payment of school meals, check out the help pages on the ParentPay website or alternatively speak to the School Office who will point you in the right direction.

### **School fruit and vegetable scheme**

The scheme covers all 4–6 year old children in maintained schools. It entitles these children to a free piece of fresh fruit or vegetable every school day.

The scheme aims to encourage children to eat more fruit and vegetables and contribute to a reduction in the risk of heart disease and cancer in later life. The scheme is run by the Department of Health, and any CSA-maintained school can choose to take part.

### **Free school meals**

Find out if your child is eligible for free school meals via the School Office.

### **Our policy on school meals**

We aim to:

- Provide as a minimum level of service, a hot two course meal to all pupils, and to meet the needs of pupils requiring vegetarian meals and special diets dictated by ethnic, cultural and religious beliefs
- Where practical, tailor menus for pupils with medically prescribed diets
- Offer a service that will consistently provide a high culinary standard, using good quality ingredients and maintaining an excellent level of presentation
- Ensure that menus meet Government nutritional standards for school lunches. The nutritional standards for school meals set by the government are available on the [DCSF \(formerly DfES\) website](#).
- Ensure that meal times are an enjoyable and comfortable social activity, and to treat our pupil customers courteously.

### **Nut allergies**

We don't intentionally use any products that contain nuts or nut by-products in our primary school menus. Current labelling regulations mean we can't declare nut free status. For further information, see the 'contact us' section below.

### **Contact us**

If you want to make a comment about school meals in East Sussex, please contact the Food Advisory Service.

For any queries about primary school meals, contact Chartwells:

Tel: 01435 865310

[www.compass-group.co.uk/meet-the-family/education-chartwells/](http://www.compass-group.co.uk/meet-the-family/education-chartwells/)