



## **Food Policy**

**Policy approved by**

**Full Governing Body: May 2021**

**Policy to be reviewed: May 2025**

**Signed: \_\_\_\_\_ Head Teacher**

**Signed: \_\_\_\_\_ Chair of Governors**

## **Aim**

By working in partnership with parents and carers we can play an important role in preventing and reducing obesity through ensuring our pupils eat a healthy, balanced diet while at school and learn about healthy eating and cooking and making healthy food choices. We also recognise the important part a healthy diet plays for a child's wellbeing and their ability to concentrate and learn effectively and achieve.

## **This policy explains**

- How we promote healthy eating.
- What we do to provide healthy balanced food throughout the school day.
- How we can help pupils eat healthily.
- What we teach so that pupils know how to make healthy food choice.

## **Why do we need a food policy in school?**

- Diet is central to health, and children's diet can influence their health now and in the future: a good diet in childhood can protect against chronic diseases when older.
- As children spend on average of one quarter of their working lives in school, schools need to promote healthy food and drink choices throughout the school day.
- The school environment, staff and pupils' attitudes and what children learn in the classroom, have a major influence on their knowledge and understanding about health.

## **Benefits of a whole school food policy**

- Reinforces appropriate messages relating to food and drink
- Engages the whole school community
- Communicates our shared vision, ethos and values to pupils, staff, parents, governors and the wider community

## **Responsibility**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing pupils' awareness and understand of how to make healthy food choices.

## **School lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the National School Foods Standards. The menus are planned avoiding large quantities of:

- Fat
- Sugar

- Salt
- Artificial additives
- Preservatives
- Colourings

A copy of the weekly menu is displayed in the school hall and communicated to parents and carers via our school website together with a link to the caterer's website.

We work with families who are eligible for free school meals to encourage them to take this up.

The dining area has a calm and positive atmosphere where pupils can socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods.

### **Packed Lunches**

Our aim is to make sure that children who bring a lunch from home to eat in the school (or on school trips) have food which is just as healthy and nutritious as food now being served in school and regulated by national standards.

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is available in school, during the day.
- Whenever possible the school will allow children eating packed lunch or school meals to sit together.
- Parents will need to provide children with a suitable container which they can eat their lunch from (rather than need to take food out and place straight onto the table). As fridge space is not available in school, pupils are advised to bring packed lunches in insulated containers with freezer blocks where possible to ensure that food remains fresh until lunchtime.

### **Packed Lunch Standards**

Our school meals conform to government nutritional guidelines and there is no reason why a packed lunch cannot provide the same nutrition as a cooked meal.

Food ideas to include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other non-dairy protein (e.g. lentils, kidney beans, chickpeas houmous and falafel) every day.
- Oily fish, such as salmon or sardines, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, fruit juice, milk, yoghurt drinks.

Foods to avoid or limit to once per week:

- Snacks such as crisps.
- High fat and/or sugar cakes (e.g. Jam doughnut) and chocolate coated biscuits (consider cakes that include fruit and are reduced fat and sugar).
- Meat products such as sausage rolls, individual pies, corned meat and sausages.

Please visit [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for more information.

### **Packed Lunches should not include any of the following:**

- Fizzy/sugary drinks.
- Confectionary such as sweets and whole chocolate bars.
- **Nuts and nut products (including peanut butter and chocolate nut spread) due to concerns about children with nut allergies.**

### **Water for All**

In compliance with the National Schools Food Standards, drinking water is available for all pupils during lunchtime.

We have a water fountain pupil are encouraged to drink water regularly throughout the day and have named water bottles in class.

### **Breakfast Club**

All pupils are welcome to attend Breakfast Club from 8:00am to 8:45am (last breakfast is served at 8:20am). The menu consists of a variety of healthy choices.

### **Break Time**

Pupils are permitted to bring only healthy snacks low in fat, sugar and salt to school including:

- Fruit
- Vegetables
- Plain Biscuit

All children in Early Years and Key Stage 1 are eligible for a free breaktime snack of fruit and vegetables.

### **Milk**

We take part in the Milk in School Scheme and have many children who enjoy a drink of cold milk during morning break. Free milk is available for children under five. When children reach five years of age they can continue to receive milk, to set up an account, please visit <https://customers.coolmilk.com/V2/register/>.

### **Celebrations and Trips**

Staff felt as part of creating a healthy ethos within the school and promoting the idea of a balanced diet and lifestyle, special exception would be granted for some celebrations and trips as they were seen as a treat.

### **Special Diets**

The School recognises that some pupils may require special diets that do not allow for the standards to be met exactly. We ask that parents/carers communicate this to the school so that provision can be made.

## **Food Allergies**

As part of our duty of care to all pupils we take a whole school approach to allergy management.

In the instance of both a child with a special diet requirement and or food allergy we work with the child's parent/carer to develop an individual management plan that accommodates the child's needs throughout the school day. The plan is communicated to all school staff. All staff are appropriately trained, and the child's management plan is reviewed annually or following the event of a reaction occurring.

## **Food Across the Curriculum**

Food, nutrition and healthy eating is planned and taught at an appropriate level throughout each year group.

## **Staff**

To encourage a whole school approach, staff are encouraged to remember that they are important role models and they should be promoting an enjoyment of food and having a healthy balanced diet.