



# **Food Policy**

**Spring 2023**

Unlocking Every Child's Potential

Agreed by staff: March 2023

Ratified by Governing Body: March 2023

Review Date: March 2026

*This policy has been written in accordance with our school vision and aims. At the heart of every decision is the recognition that children have rights and responsibilities. Where possible, children and parents are consulted when decisions are made using our school council and pupil/parent perceptions.*

## **A Whole School Approach to What We Eat and Drink.**

### **Aim**

To ensure that all aspects of food and drink in school promote the health and well being of pupils, staff and visitors to the school.

### **Objectives.**

- To provide opportunities to learn where food comes from as well as about diet, nutrition, food safety and hygiene, food preparation and cooking.
- To develop physical well being and understanding of the link between eating and our health
- To promote a positive example through our drinking water and fruit schemes

### **Rational**

This policy was devised to ensure the school environment supports the health, well-being and fitness of our pupils.

### **Guidelines**

#### **Drinking water**

The children are encouraged to bring their own bottles of water and a drinking fountain is situated on the lower site. Children have free access to their bottles of water in lessons.

#### **Snacks**

children at KS1 are provided with a fresh fruit or vegetable snack daily. KS2 children are encouraged to bring a healthy snack in.

#### **Lunch boxes**

Pupils are encouraged to eat sandwiches, salad, yoghurt and fruit before other items in their box. Chocolate bars and sweets are not allowed. Mid day staff ensure any left over food items are taken home in the child's box, so that parents are aware of what their child has eaten.

#### **School Dinners:**

These are healthy and prepared on site. Our school cook uses Essex's guidelines to produce weekly menus that offer the children 4 choices at lunch time. We also cater for specific diets and allergies where we can.

#### **Allergies**

We do not allow nuts or products containing nuts into our school due to children's allergies.

Allergen information is on our school website under 'food in school'

Parents/carers are encouraged to speak with catering staff if your child has specific allergies.

### **Teaching and Learning**

During lessons it is sometimes appropriate to undertake food tasting. Therefore, there is parental permission gained at the beginning of each school year to ensure children can eat in school and that staff are aware of any allergies.

We have dedicated area in school where the children can take part in cooking through our DT curriculum. We sometime use facilities in our local secondary schools to support our curriculum too.

### **Monitoring and Evaluation**

If staff members are concerned about a child's eating, the relevant class teacher is informed and the class teacher approaches the child's parent, and the situation is monitored.

The curriculum falls into the remit of the science, technology, PE and PSHE coordinators. It is also the responsibility of each teacher and KS leader. The Head has overall responsibility and is responsible for lunchtime provision.