



## School Food Policy

At Dean Barwick we promise to provide a quality meals service.

We will make sure that children have a healthy, nutritious meal by following the recommendations of Cumbria County Council and the National Food Trust Standards.

We will recognise the importance of health and safety in the kitchen and in the dining area. We will follow all the guidelines given to us by Cumbria County Council.

All staff know that meal times should be enjoyed in pleasant, friendly surroundings. Good manners and good humour are expected at all times.

We will make sure that all the children have a portion size that suits their appetite. Second helpings of anything will be available once children have finished their first course. Everyone should feel that they have had enough to eat.

Fresh fruit will be available every day. All children are allowed to eat this, including the children who have packed lunches.

Each lunchtime there will be a fresh seasonal salad, lots of different vegetables and fruits will be available. These will be served by the midday supervisors.

Each child will be encouraged to take, and to try, something from each of the three food groups: protein, carbohydrate, and vegetables.

Fresh bread will be served every week.

All children are allowed cups of fresh water from the drinks trolley. A milky drink will be served once a week.

Where possible, we aim to accommodate any Specialist Dietary requirements.

The School Council feedbacks through assemblies, and parents feedback via questionnaires or reports to the office.

Review and Consultation will be part of the Healthy Schools Award Action Plan.

Allergen data is published separately, on noticeboards in School and on our website: [www.deanbarwick.cumbria.sch.uk](http://www.deanbarwick.cumbria.sch.uk)