



FOOD IN SCHOOL POLICY

	Date	Minute No.	Review date
Approved by Governors (V1)	04/07/17	04/07/17.18	July 2019
Reviewed & Approved by Governors	07/06/23	ESP 10.06.23	June 2025
Reviewed by Governors	_____	_____	_____

Why do we have a Food Policy? (Rationale)

Our pupils will be happy, healthy and respectful individuals, with a positive attitude to learning and life. They will be resourceful, independent thinkers and have the confidence, knowledge and skills to reach their potential and make a positive contribution to society.

- To ensure that all aspects of food and nutrition in school promote the health and well being of pupils, staff and visitors to our school.
- To make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a student's ability to learn effectively.
- To ensure the school plays its part in the larger community by helping to promote family health and sustainable food and farming practices.

What do we want to achieve? (Aims)

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- To ensure that the provision and consumption of food is an enjoyable and safe experience.

- To ensure that the whole school community understands that a balanced diet is an important aspect of child development and establishing healthy eating habits at school can contribute to healthy eating habits in adulthood.
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods.
- To ensure that food provision in the school reflects the health, ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented

1. School ethos
2. Curriculum – topics, science and PSHE
3. Gift food
4. Water
5. Free fruit & vegetables for infants daily
6. Free milk for children in Reception Class
7. Lunches – healthy school dinners and promotion of healthy lunchboxes
8. Nut free
9. Staff and Visitors
10. Personnel/Enforcement
11. Equal opportunities
12. Monitoring & Evaluation
13. Policy Development & Review

1. School Ethos

The importance of a balanced diet, exercise and healthy living is consistently communicated throughout the school day and on trips and events. Staff are also encouraged to participate in and model balanced eating as a valuable part of daily life.

It will be made clear that the emphasis placed on having a balanced diet and drinking lots of water is to enable safe and effective learning, as well as providing a foundation for good health.

2. Curriculum

PSHE, Geography, Science, Food Technology, RE, English and Languages may all contribute to the curriculum delivery of food education based on the principles of this policy.

It may be appropriate for a wide variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times, food hygiene principles are followed carefully. It is recognised that eating together is a fundamental experience for all people; it's a primary way to nurture and celebrate our cultural diversity, and it's an excellent bridge for building friendships and inter-generational bonds. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt. Food allergies, e.g. peanut allergies or lactose intolerance, will also be taken into account when preparing and consuming food in school.

3. Gift Food

Parents sometimes wish to give out food brought back from a holiday or to celebrate birthdays. Parents **MUST NOT** provide any products containing nuts as we have children with severe allergies in school. To ensure the safety of our children, we would wish to discourage the practice of gift food, however if parents do so, it will be distributed at the end of the school day so that parents can decide whether their children are allowed such gifts. Children will not be permitted to eat this in school time – no products containing nuts will be distributed.

4. Water

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

5. Break time

Unless there are specific dietary requirements which have been agreed with the school, at break times our pupils are allowed to eat fruit, vegetables or breadsticks/plain crackers, either from the Free Fruit in Schools scheme (KS1) or that they have brought into school from home. Biscuits, sweets or crisps are not allowed – such snacks will be returned to parents at the end of the school day and alternatives will be provided to the children. Water is encouraged at break times as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. Monitoring what children are eating during breaktimes helps to ensure healthy choices are being made, packaging and litter are limited and the environment is safe for pupils with allergies, e.g. a nut allergy.

6. Tuck Shop

As part of our Enterprise curriculum our Year 6 pupils run a healthy nut free tuck shop at morning breaktimes. Children in Y1-6 are permitted to bring money into school to buy items from the Tuck Shop and eat it at break time. School free fruit and milk is also available to pupils at break times and children are also permitted to bring a healthy nut free snack from home.

7. Milk

Milk is available for children in Reception at break times and lunch time.

8. Lunches

School dinners, purchased from Derbyshire County Council Catering Service, and provide all pupils with a healthy, balanced meal at lunchtime.

Our menus are fully compliant with the government's School Food Standards which sets out guidelines for the amount of foods cooked in oil, battered and processed products and the amount of fruit & vegetables on offer.

In the summer of 2016, Derbyshire County Council were awarded the Food for Life Silver Catering Mark. To achieve this level of award there are many criteria which our menu's must meet. These include that at least 75% of the menu is kitchen produced, at least 5% of our spend on food must be on organic food and that all meat is British Farm Assured.

Packed lunches are monitored and the school encourages healthy sandwiches and fruit to make up the most part of children's lunchboxes. We actively discourage confectionary and too many savoury snacks, such as crisps. Appropriate storage arrangements are made for children's lunchboxes, although the use of insulated bags/lunchboxes is advised since we cannot store food at refrigerator temperatures. Information is provided to parents on balanced lunchboxes through newsletters, the school website and occasional promotions, e.g. the School Council.

Fresh drinking water is always available at lunchtime to children having a packed lunch.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those eating school lunches and those eating a packed meal.

9. Nut Free

We ask that all members of the school community do not have any nuts or nut based products in school and we aim to manage the day to day application of this policy in the following ways:

- Parents and carers are requested NOT to send food to school that contains nuts. This includes all types of nuts, peanut butter, nutella, cereal/chocolate bars and any other food containing nuts.
- Staff will be alert to any obvious signs of nuts being brought in, but they will not inspect all food brought into school.
- If any actual nuts are found, they will be bagged up and sent home and this child will be asked to eat lunch away from other children and wash their hands before going out to play.
- Children will be asked NOT to share food.
- Children will be encouraged to wash hands before and after eating.
- Some staff are trained in understanding and dealing with Anaphylaxis (severe allergic reactions) and will use this training as the need arises.
- The school dinner providers will ensure all cooked food is nut-free.

10. Staff and Visitors

Staff will be encouraged to model the principles of healthy eating, as laid out in this policy. Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

11. Personnel/Enforcement

The Head, or person responsible in their absence, and all staff are responsible for food in school. The school has chosen for the children to eat only healthy fruit and vegetables at morning and afternoon playtimes. Children are actively encouraged to do so by the staff. Any children deemed to be eating snacks not in keeping with the school ethos will be asked to put them away until lunchtime or the end of the school day.

12. Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural and vegetarian, and for appropriate serving. Free School Meals (FSM) provision will always be handled sensitively. School does not make which children have free school meals public knowledge. Provision is allowed for special diets e.g. medical, cultural, vegetarian & for appropriate serving. Free packed & cooked lunch provision will be handled sensitively.

13. Monitoring and Evaluation

The Head, or person responsible in their absence, will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up--to--date.

14. Policy Development & Review

This policy document was produced in consultation with members of the school community. This document is freely available to the entire school community via our school website and will be reviewed on a bi--annual basis.