



# ST. EDWARD'S CATHOLIC PRIMARY SCHOOL

## **FOOD POLICY**

Updated Summer Term 2020

**Through God's Grace  
We Grow And Learn**

### **Introduction:**

This policy guides the provision of food within school. It was developed following changes at different times to our school dinner menus as a result of wide consultations with parents, and also with pupils, governors and staff.

Consultation over food will be on-going and the policy and practices are disseminated to stakeholders through letters, staff meetings, class and school council meetings and Governors meetings.

The impact of the policy is monitored and evaluated as an on-going process and involves the catering company, staff, pupils and parents.

The Headteacher oversees all aspects of food in school, and oversees the monitoring and evaluation of the policy.

### **School Dinners:**

St. Edward's currently have a catering contract with Leeds City Council. Review of contracts and tendering for the catering is carried out by the school's family (EPOS).

We are committed to following the "Food in Schools" guidance and Caroline Walker recommendations and our catering company fully follow these guidelines and procedures.

At St. Edward's we have a menu specifically designed for our school. School dinners will:

- provide salad and fruit daily
- contain no fried or processed foods
- provide two different vegetables each day
- provide a balanced diet, with items from each food group
- provide either water or milk to drink
- use fresh produce, locally produced and organic where possible
- not use genetically modified produce
- cater for allergies and dietary requirements, not using nut products or eggs
- promote fair trade goods where applicable.

No advertising, branding or sponsorship is used in school.

All children are sent to wash their hands before lunch, as well as before handling food in curriculum lessons.

### **Promoting Healthy Choices:**

At St. Edward's we actively encourage pupils to eat/choose healthy options through our on-going curriculum. This includes an annual "Health and Well-being" week where children may have opportunities to both sample different foods, and design and make healthy meals/products.

At lunch time children who eat a healthy meal (both school dinners and packed lunches) are rewarded with "Healthy Eating" stickers, while a weekly "Head teacher's Award" is given for lunchtime and may be awarded for eating healthily/trying new things. Parents are encouraged to provide a healthy, balanced packed lunch and sweets, fizzy drinks and chocolate bars are not included in packed lunches.

Children are taught about Fair Trade products through morning prayers and the RE and PHSE curriculum, and Fair Trade week is celebrated in school.

### **Water in School:**

All pupils are encouraged to drink water throughout the day. There is a water cooler provided in school and pupils have water bottles on their desks/close by so that they can drink whenever they need/wish to throughout the day.

### **Fruit in School Scheme:**

St. Edward's takes part in the Fruit for Schools scheme, providing free fruit, daily, for all Foundation and Key Stage One children.

Parents of Key Stage One and Foundation children can also opt for their child to have milk in school daily.

### **Break Time Snacks:**

Pupils may bring items from home for a snack at break times but as a healthy school, children are not allowed to bring sweets, chocolate or crisps in for break. They are encouraged to bring fruit or items such as carrot, celery or cheese sticks.

### **Giving out Food:**

It is the policy of the school not to give children food, including sweets, to eat as treats during the school day. Items may be given out at the end of the school day when children can take them out to show parents and obtain their permission to eat them.

A notice to this effect is posted on the staff room wall, reminding staff and informing visitors of this procedure. Photos of children with particular allergies are also displayed in the staff room, alongside details of the allergy and medical procedures.

**Food may be consumed in school where it is part of curriculum work, such as in D.T. (Food Technology).**