

## Introduction

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by the whole school approach to food provision and food education documented in this policy.

The policy was formulated through consultation between members of staff, governors, parents, pupils, and our school nurse. This school food policy is co-ordinated by **insert name and role**.

## Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards
2. To support pupils to make healthy food choices and be better prepared to learn and achieve
3. To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/carers

## Food throughout the school day

### 1. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

The school runs a daily breakfast club for pupils from 8.00am – 8.50am.

The breakfast menu includes: **Include menu of foods available or attach as appendix**.

**The breakfast club menu is also available online and one-off family breakfast events are organised throughout the year – delete if not applicable.**

### 2. School Lunches

School meals are provided by **insert catering provider** and served between **insert times** in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. Our school caterer also holds a catering award **insert which, if applicable**.

School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

### 3. Packed Lunches

The school's packed lunch policy is developed using guidance from the Children's Food Trust. The guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon.

Packed lunches should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel
- Oily fish once every 3 weeks e.g. sardines or salmon

Packed lunches should not include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink. *For detailed guidance around our packed lunch policy, please see our parent/carer packed lunch guide.*

#### 4. Snacks

The school understands that healthy snacks can be an important part of the diet of young people.

In the Early Years, snacks are provided during the morning and include: **insert food**  
A healthy school tuck shop runs daily at break-time. The tuck shop is managed and run by **insert who**. The tuck shop menu is: **Insert list of food available**

Pupils are able to bring **insert food allowed** into school to eat at break-times.

After school snacks are provided by the school and include **insert food provided**  
Pupils are allowed to bring in their own after-school snacks including **insert food allowed**

#### 5. Drinks

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Water is provided **insert where and when**.

**For secondary schools**, please detail drink policy including restricted drinks such as energy drinks, fizzy drinks and high sugar still drinks e.g. Rubicon/Ribena.

#### 6. School trips

A packed lunch will be provided by the school, for all children who usually have a school meal. Children are welcome to bring their own packed lunches on trips, however, these lunches must adhere to the same food and drink guidance described above.

### Rewards and special occasions

#### Rewards

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including:  
**A list of positive reinforcement methods could be inserted here**

#### Celebrations

The school recognises the importance of celebrating birthdays and special occasions.

For birthday celebrations, all children will receive: **Insert birthday policy here (ideas could include a song in class, lunch on the birthday table at lunchtime, a birthday badge/sash)**

We welcome any parents who would like to send in fruit for their child to share with the class on their birthday. We discourage chocolates, sweets and cakes for birthdays.

For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available.

Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

## Curricular and extra-curricular activity

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). The Eatwell model is used throughout the school (see appendix 1) as a model of understanding a balanced diet.

**Insert additional subjects, where relevant, for secondary schools.**

Termly clubs also support the teaching of food and healthy eating and include **insert clubs e.g. cooking or food growing**

Staff delivering cooking sessions and clubs have achieved **Level 1/2 in Food Safety and Hygiene.**

## Special dietary requirements

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies and the lead member of staff for this is **insert name and role and reference to other relevant policies.**

Pupil's food allergies are displayed in a sensitive way **insert how** in relevant places around the school including **insert where.**

## Expectations of staff and visitors

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Staff are welcome to purchase breakfast at the school breakfast club and are encouraged to eat this with the pupils.

Teaching staff are also encouraged to eat a school lunch and sit with pupils in the dining hall. **Insert if this is incentivised or subsidised.**

## Parents, carers and family members

Our relationships with parents/carers is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families.

Coffee mornings, events and food related workshops are delivered throughout the year for family members to attend. **Insert details of other activity.**

## Monitoring and review

This policy has been developed in consultation with staff, pupils, parents/carers and governors. The policy will be reviewed every 2 years.

Date policy implemented:

Review Date:

# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.

