

Our vision is for our children to be happy and responsible
young people who achieve their best



Whole School Food Policy

Adopted by the Resources Committee on
23.04.18

Reviewed by the Resources Committee on
8.7.24

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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 and pupils. This school food policy is co-ordinated by the Head teacher and will be reviewed annually.

Aims

The main aims of our school food policy are:

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

Breakfast and After School Clubs

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 08.00 – 08.40, and an after school club from 15.20 to 17.30

The menu includes: cereal, toast, crumpets, malt loaf, yogurts, milk and fresh fruit.

School Lunches

School meals are produced on site daily using locally sourced fresh ingredients wherever possible.

School meals are planned on a 2-week cycle and always contain 2 choices including a vegetarian option. Children can also help themselves to our salad bar and bread.

The school meals menu can be found on our school website.

All our school meals meet the mandatory requirements of the School Food Standards 2015. These include:

- Not less than 2 portions of fruit and vegetables/salad per day
- Oily fish at least once every 3 weeks
- Bread with no added fat or oil
- No added salt
- Starchy food cooked in fat or oil are not provided on more than 3 days a week
- No more than 2 deep fried food items are provided in a single week

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Free School Meals

Children in Reception, Year 1 and Year 2 are all entitled to a free school meal each day funded by the Government's Universal Infant Free School Meals scheme

Children in nursery and Years 3-6 may be entitled to free school meals if they are in receipt of certain benefits. Parents can apply on the Devon Citizens Portal or ask for details in the school office.

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

Packed lunches should not include:

- Sweets or chocolate bars
- Fizzy drinks, high sugar drinks or drinks in glass bottles
- Nuts, as we have a number of children in the school who have severe nut allergies

Treats in packed lunches

- Children can have one small treat in their packed lunch each day such as a chocolate biscuit, small cake or small bag of crisps.

Snacks

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

In the Early Years, Reception and Years 1 and 2 children are provided with a piece of fruit or vegetable through the NHS free fruit and vegetable scheme.

Pupils are also able to bring their own healthy snack into school to eat at break-times. Crisps and sweets are not allowed.

Drinks

The school provides water or free milk for all children at lunchtimes.

Under 5s are provided with milk as part of the Government's free milk scheme. Children are encouraged to bring in their own water bottle which can be re-filled during the day.

There are 2 drinking fountains in the playground.

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School trips

A packed lunch will be provided by the school for all children who are entitled to a Free 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

The school does not encourage the regular eating of sweets or other foods high in sugar or fat as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school, though occasionally sweets may be used as prizes at Easter or Christmas.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage.

Schemes of work at all key stages reflect the whole school approach to healthy eating.

Special dietary requirements

The school will try and accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices.

Individual care plans are created for pupils with food allergies or medical dietary needs. These are displayed discreetly in the kitchen and office and all catering staff are informed. The plans are maintained by the SendCo.

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.

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.

Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.