

East Stour Primary Food Policy



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Date:

Last reviewed on: Spet 25

Next review due by: Sept 26

Food Policy

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At East Stour Primary School we understand the importance of healthy eating, oral health and the pupils' education. This policy has been written to give clear guidance to staff, outside visitors, parents and carers, and pupils about the provision of food during the school day and our approach to the positive promotion of healthy eating. Good food provision in schools has been shown to lead not only to healthier children, but to improved attainment.

1. Aims

This policy aims to:

- Ensure that East Stour Primary school can support their pupils by encouraging them to eat and help them learn to assist with clearing up after their meals.
- The menu, which is healthy and nutritionally balanced and cooked in the school kitchen by Caterlink.
- Caterlink caters for vegetarians, vegans and for medical dietary needs or allergies.
- We believe eating is more than just 'refueling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

2. Food and Drink provision throughout the day

Breakfast

Breakfast consists of a choice of cereals, cereal bars, fromage frais, fruit, fruit juice and milk as well as toast. On a Friday we have a treat of either baked beans or spaghetti or scrambled egg with toast. Once a term we have crumpets, or croissants as a special treat.

Healthy Snacks

At East Stour we understand that healthy snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government's school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit and/ or vegetable per day.

Children in KS2 are encouraged to bring a healthy snack to school.

School lunches

Food prepared by the school catering department meets the national school food based standards. We ensure that the quality of the ingredients and that the choice of meals are appealing by regular checks and asking the pupils and staff for feedback.

In September 2014 the Government introduced universal free school meals for all children from reception to year 2, the school encourages parents/carers to opt for school lunches for their children by regularly promoting our service, as it can be an easier way of ensuring they get a nutritionally balanced meal.

3. Food and Drink brought into school

Packed lunches

Parents are encouraged to provide healthy well balanced packed lunches and have been sent advice on how to ensure they are.

Preparing a balanced child's lunchbox, include:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yogurt
- vegetables or salad and a portion of fruit **(these need to be cut up, to prevent choking)**
- a healthy drink such as water, milk or 100% fruit juice.

We are a nut aware school due to allergies. Please avoid sending your child to school with nuts wherever possible. Children under 5 should not have whole nuts as they are a choking hazard.

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat/ fish eggs and non-dairy protein e.g. pulses everyday
- Oily fish at least once every few weeks
- Starchy food such as bread, pasta, rice, potatoes
- A dairy product milk, cheese and yogurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE:

- Salty snacks such as crisps nuts etc
- Sweets and chocolate
- Sugary soft drinks

Drinks

Parents and carers are asked to provide their child with a clean bottle of water daily, children can re-fill their water bottle throughout the day. If children arrive without water, children will have access to a clean cup and drinking water throughout the day. Water is provided for children to drink when they take a school lunch. Milk is available for children under the age of 5 years once a day, children that turn 5 years while in the reception class parents/carers are able to pay through the government website for milk.

School trips

Pupils who have school meals are provided with a nutritious packed lunch if not on the school site for lunch.

For more information and practical tips for children aged 5 years and above:
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Early Years (Nursery and Year R)

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*
A portion of dairy or an alternative (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
Desserts, cakes, biscuits and crisps	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
A drink	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

Popcorn is not recommended for children under the age of 4 years old.

For more information, practical tips and recipes for children aged 3-4 years old:
[Eating well: Packed lunches for 3-4 year olds](#)

Whilst the children are eating we will ensure there are suitably trained members of staff in the room with a valid paediatric first aid certificate.

Food will be prepared in line with guidance to prevent choking. Choking can be completely silent, therefore, staff have been trained to be alert to when a child may be starting to choke.

[Help for early years providers : Food safety](#)

All staff will prevent food sharing and be aware of any unexpected allergic reactions.

[GOV.UK](http://gov.uk) (education.gov.uk)

4. Special Dietary requirements

Parents/carers must alert the school office at the earliest opportunity if a child has an allergy or intolerance to a particular food. A special dietary form must be completed by parents and returned to school office along with medical documentation relating to the child's medical dietary requirements. Children will then be given a lanyard to wear so staff and Caterlink staff know what allergy/intolerance the child has.

It is essential that parents/carers notify the school office if a child does not eat solid foods, parents/carers will supply blended food for their child's lunch. The special dietary form also needs to be completed and handed to the school office.

5. Cooking and Food Education in the Curriculum

Teaching pupils how to cook is an important part of our whole school approach to health and wellbeing. It captivates and stimulates pupil's interest and enjoyment of food as well as building self-confidence.

The school follows the National Curriculum which states that healthy eating, nutrition and cooking must be taught in Science, Design and Technology (D&T), and Health Education.

For more information please refer to:

Design & Technology - [National curriculum in England: design and technology programmes of study](#)

Science – [National curriculum in England: science programmes of study](#)

Health Education - [Personal, social, health and economic \(PSHE\) education](#)

As of September 2014 food, cooking and nutrition education is a compulsory part of the school curriculum for KS1 to KS2.

- Food and nutrition is taught at an appropriate level throughout each key stage.
- We identify food and nutrition links to different subject areas e.g. PE, RE, Geography, History
- East Stour addresses through different teaching methods; leading by example, staff training, visitors to the classroom and using many resources.
- Monitoring of the pupils' learning.
- EYFS pupils are taught about healthy eating daily and fruit is available for them in the classrooms.

Extra curricular activities

We offer clubs that provide continued learning around leading a healthy lifestyle for example cooking club, gardening club and different sports clubs.

6. Food Safety

East Stour Primary school has adequate facilities, suitable equipment, all food handlers appropriately trained and all possible hazards are identified.

Children must always be within sight and hearing of a member of staff whilst eating

7. Further resources (Ctrl +click to follow link)

- [Healthy Start](#)
- [Reducing Sugar and all the facts](#)
- [Healthy Food Swaps](#)
- [Allergies at school](#)