

# Great Chart Primary School

## Food Policy

### Introduction

This policy covers all food provided and consumed in school including before, during and after school and on school trips and in extra-curricular events.

### Why a policy is needed?

At Great Chart Primary School we recognise the important part a healthy diet plays for a child's wellbeing and their ability to learn effectively and achieve. We believe that the school, in partnership with parents and carers, can make a major contribution to improving children and young people's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

### Our approach to improving pupils' health through healthy eating.

We aim to

- Increase knowledge and awareness of a healthy diet through our PSHE and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day.
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day.

### Responsibility

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices .

Kitchen staff are responsible for providing high quality food that complies with the national nutritional standards for school food and contributing to a welcoming and positive eating environment. Parents receive the catering menu for the term and this is shared with the children in advance.

### **School lunches**

All our school meals are provided by a contracted caterer, who acts in accordance with the School Food Standards. A copy of the weekly menu is on display in the dining area, website, reception area and discussed with children. The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, having regular discussions with parents about this. We work with families who are eligible for free school meals to encourage them to take this up and in KS1 we encourage all parents to take this up.

### **Special diets and allergies**

The school recognises that some pupils may require special diets. These can be discussed in advance with the catering staff.

### **Packed Lunches** (and on school trips)

It is **advised** that packed lunches should include:

- At least one portion of fruit and or one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day aim for wholegrain varieties.
- Dairy food such as milk, cheese, yoghurt, fromagefrais, soya products everyday
- Healthy drink such as water, pure fruit juice, semi-skimmed or skimmed milk
- If a pudding is included we ask that it is fruit based, this is in line with the fruit based pudding that children with school meals receive, examples are- fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings (eg. Muller Rice), fruit smoothies and fruit based crumbles
- Savoury crackers or breadsticks served with fruit, vegetables or dairy food

#### **Packed lunches should not include:**

- Confectionery such as chocolate bars, (eg Mars, Snickers) sweets and chewing gum.
- Fizzy drinks.

### **Special diets and allergies**

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### **Packed Lunch Containers**

Pupils and parents/carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Pupils and parents/carers are encouraged to bring packed lunches in reusable plastic containers, rather than disposable plastic bags and bottles. Foods are at risk of bad bacteria if they are prepared and stored in warm temperature, so it is advised that an ice pack is included in the food container.

### **Monitoring packed lunches**

To promote healthy eating we will regularly monitor the content of packed lunches and involve pupils and staff. We will talk to parents and carers where necessary and offer advice and guidance on bringing healthy packed lunches.

### **Snacks**

All FS and KS1 classes include a morning break time snack of fruit and vegetables. As part of promoting healthy eating children encourage each other to eat the fruit and vegetables. Children are given responsibility for passing the fruit to others and for helping to clear it away. Key Stage 2 children are invited to bring in a piece of fruit or veg from home.

### **Breakfast club and after school clubs**

The Breakfast club is offered to all pupils and we actively encourage pupils who are more vulnerable to attend. The food offered at breakfast and after school clubs is healthy.

### **Nut allergies**

We are a nut free school but we cannot guarantee that food products are totally nut free. Parents are asked to refrain from providing food products, which may contain nuts, in packed lunches or any other food brought into the school and children with a nut and/or peanut allergy have an individual management plan. Staff are trained to recognise and manage allergic reactions.

### **Partnership with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy but our school is well placed to lead by example. Parents and carers are updated on our policies through school newsletters and on the school website. Parents are also informed of the school meals on offer through the weekly menu being displayed on the website. Parents are given information about the annual national weight measurement programme that children in reception and Year 6 take part in.

### **Monitoring food provision**

Great Chart Primary School will liaise with the contractor, Caterlink, regarding the food offered. Parents are asked to contact the company directly if they have any concerns. Contact details can be found on the school website. We consult annually with pupils, including the school council, parents and carers and staff and involve them in reviewing the school meals. The results are used to evaluate the impact of the food policy and to further improve the school meals. We will monitor food waste when appropriate and take relevant measures to reduce food waste.