

Food Education Policy	
Responsible Post	Headteacher
Responsible Committee	C&S
Review Schedule	3 Years
Review Date	May 2023
Changed	Yes



Overall aim of the policy:

To ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to the school.

Where and to whom the policy applies:

To all staff, pupils, parents/carers, visitors, governors and partner agencies working with schools.

The whole-school food policy covers the areas of:

No nuts policy in school

- School lunches
- Packed lunches
- Water
- Curriculum

Break time snacks brought from outside school:

The school participates in the Government fruit and vegetable scheme and encourages all children to eat a piece of fruit or a vegetable, every day at Snack Time. Children are welcome to bring in a healthy snack from home, such as:

- Fresh Fruit, dried apricots or raisins
- Vegetables

Celebrations and Festivals:

The school recognises that food plays an important part in the celebration of cultural, personal or community milestones such as religious festivals, anniversaries or school special events. **The school discourages children from sharing sweets with their peers on their birthday.** Food given should form part of a balanced, healthy diet, at the discretion of the school staff and Governors.

School lunches:

- All children are entitled to free school dinners as part of the Universal Free School Meals Scheme.
- All school lunches will be prepared by HC3S following the government's nutritional guidelines.

- There will be a flexible choice of whether to have school meals or not, there will be no need to book in advance.
- The school lunch hall will be made as pleasant as possible to encourage good social interaction.
- The children will sit at set, mixed year group tables, whether they are eating a school dinner or packed lunch from home, with the Year Two children being responsible for the table.
- Fresh drinking water will be available.

Packed lunches:

- The school will provide facilities for pupils bringing in packed lunches.
- The school will work with parents to ensure that packed lunches contain healthy options.
- Packed lunches are not to contain sweets.
- The school discourages the provision of foods such as crisps and other highly processed foods.
- Food from lunch boxes will NOT be swapped due to Health and Safety issues.
- Any food left in lunchboxes will be sent home so that parents/carers are aware of what has or has not been eaten.
- Children will be encouraged to eat all of their meal, whether a home packed lunch or school meal.

Water:

- Children will be provided with a free named water bottle on entry into school.
- Children will be encouraged to drink at frequent intervals throughout the day.
- Water will be freely available at all times.
- Hygiene – water bottles will be taken home daily to be washed.
- After physical activity and during hot weather, children will be encouraged to drink more water.
- The clear plastic bottles must contain only water – this should not be flavoured water.
 - Pure fruit juice is permitted for consumption **at lunch times.**

Curriculum:

- The whole-school policy will encompass nutrition education in the curriculum.
- Healthy eating will be covered within the personal, social and health education (PSHE), DT and Science curriculum.
- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through tasting sessions linked to the curriculum.

- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.

Assessment, monitoring, evaluation and reviewing:

- Healthy eating will be monitored by all staff and the School Council.
- The Headteacher will report to the Governing Body.
- Assessments will be made by teachers through the curriculum of the impact of Healthy Eating learning.

Referral and external support:

- The school will link with the school caterer, HC3S, to ensure high-quality cooked meals, which meet government nutritional standards, are available.
- The school will seek the support of a range of agencies, including nutritionists, oral health nurses and dieticians, to enhance the taught curriculum.

Involvement of parents/carers:

- The school will regularly update parents/carers on food policy matters through the school newsletters.
- We recognise that the partnership between home and school is vital in guiding the behaviour of children, particularly in the area of health, and will seek to utilise this relationship to lead by example.

Linked policies/guidelines:

- Design Technology
- PSHE
- Science
- Health and Safety
- Learning
- School Aims