



# Food Policy

This policy promotes healthy eating and enables children to make informed food choices.

- Minuted and adopted by ELT in June 2019.

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# Food Policy

## Introduction

The academy 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 academy approach to food provision and food education documented in this policy.

The policy has been adapted by consultation between members of staff, governors, parents, children and support services. This academy food policy is co-ordinated by Sarah Ashford, Deputy Head.

## Aims

The main aims of our academy food policy are:

1. To provide a range of healthy food choices throughout the 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 academy 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 Academy runs a daily breakfast club for pupils from 7.30am – 8.50am.

The breakfast menu includes whole grain cereal, fruit, yoghurt. Water and milk are always available.

### 2. School Lunches

Academy meals are provided by the Kitchen and are served between 12 noon and 1pm in the hall. The school meals meet the mandatory requirements of the School Food Standards 2015 (See appendix).

All meals are planned on a 3-week cycle and always contain a meat/ fish and vegetarian option. The menus can be found on our Academy website.

### 3. Packed Lunches

The Academy'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 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
- **The weight of portions is also important, and is the same as for hot meals.**

*Packed lunches should keep the following to a minimum (only 1 of each):*

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

*Packed lunches should not include:*

- *Sweets or confectionary*

Polite reminders will be sent home via your child's lunchbox to support these healthy choice guidelines.

The Academy provides water for all pupils at lunchtime; therefore, there is no need for packed lunches to include a drink.

#### **4. Healthy Snacks**

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

- In the Nursery, Early Years and KS1, snacks are provided during the morning and include fruit and vegetables.
- We encourage other children to bring in a healthy snack for morning break. The snack can consist of
  - fresh fruit, whole or sliced
  - fresh vegetable snacks
  - plain breadsticks
  - plain unsalted rice/ corn cakes
  - plain unsalted crackers
  - no added sugar packaged snack

We **do not** allow crisps, biscuits or chocolate bars at snack time.

#### **5. Drinks**

The Academy is a **water only** school, with the exception of the free milk entitlement for all primary free school meal pupils and nursery children. Water is provided on the tables at lunchtimes and children must bring their own water bottles into class. Fizzy drinks are **not** allowed.

#### **6. School trips**

A packed lunch will be provided by the Academy, 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.

#### **7. Rewards and Special Occasions**

##### **Rewards**

The Academy does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school.

##### **Special Occasions**

Occasional external fund-raising events may include the sale of treat food such as cakes or ice creams. Curriculum themed activities may introduce children to food from other cultures as part of a classroom lesson, any dietary requirements will always be adhered to.

#### **8. 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).

Termly clubs also support the teaching of food and healthy eating and include an after school cookery club.

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

#### **9. Special dietary requirements**

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

Louise Baker, Catering Manager holds the file with the list of food allergies and a copy of this is also held in the medical room and shared with relevant staff members.

Pupil's food allergies are displayed in a sensitive way in relevant places around the school including in class when appropriate.

#### **10. Expectations of staff and visitors**

The academy 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.

#### **11. 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.

#### **12. Monitoring and review**

We have consulted staff, parents and children in relation to healthy foods and have taken notice of their views in this policy.

The policy will be reviewed every 2 years.

Date policy implemented: June 2019

Review Date: June 2021