

Food Policy

We have a food policy to ensure that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors to our school; to make it clear that this school actively supports healthy eating throughout the school day because there is an important connection between a balanced diet and a child's ability to learn effectively and to ensure that the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices.

The policy aims to:

- ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day.
- ensure the provision and consumption of food is an enjoyable and safe experience.
- ensure that the whole school community understands that a balanced diet is recommended.
- increase pupils' knowledge of food production, manufacturing, and their impact on both health and the environment.
- increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, allergies and hygienic food preparation and storage methods.
- ensure that food provision in the school reflects the ethical and medical requirements of staff and pupils e.g. religious, ethnic, vegetarian, medical, and allergenic needs.
- introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How the Food Policy is implemented:

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are also encouraged to participate in and model healthy eating as a valuable part of daily life. It will be made clear that the emphasis placed on a balanced diet is to enable safe and effective learning as well as providing a foundation for good health. We will gather information about dietary requirements from parents during registration.

Curriculum

Personal Social and Emotional Development, Physical Development and Understanding the World will specifically contribute to the curriculum delivery of food education. Dedicated themes such as 'Healthy Living,' 'Ourselves,' and 'People Who Help Us,' will specifically target the role food plays in the lives of children.

Curriculum delivery will involve cooking, food preparation, visits, celebrations, visitors, role play, learning about allergies and will be adequately resourced. It is recognised that eating together is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships, and inter-generational bonds.

When root vegetables grown in the nursery garden are cooked as part of curriculum activities, they will be scrubbed in the sink in the classroom. Hands and equipment will be washed separately before being taken into the kitchen to be prepared.

Foods containing high levels of sugar, fat and salt will be avoided. Unhealthy foods will not be used as rewards nor will they be withheld as a punishment. Parents sometimes wish to give out birthday food. This will need to be discussed with staff as children's dietary and allergenic

needs change on a regular basis. Usually only commercially produced food, where we can check ingredients, and food prepared in school will be offered. Treats to share, brought in by children as part of birthday celebrations or holidays, will be distributed at the end of the session when children go home. Parents will be made aware that if the food is home-made, that we will need a list of ingredients so that parents of children with allergies can make an informed decision as to whether the food is safe for their child. This ensures that parents/carers take the responsibility for deciding whether or not their child consumes what is offered. We will continue to be a nut aware nursery which means that food containing nuts will not be accepted into nursery whether or not there is anyone in school with a known nut allergy. All pupils and staff will have access to water at all times.

Breakfast Club

The food offered is consistent with the school policy, parent wishes and is monitored by the Headteacher.

Snack time

At break times our pupils are offered milk and water and healthy snacks based on fruit and vegetable choices, cheese, cheese biscuits, crackers or breadsticks (no sugar will be offered).. This is to ensure that pupils continue their lessons prepared and refreshed for learning. Pupils are encouraged to taste and eat new or unfamiliar foods, and staff model good practice at all times. Foods which present a choking hazard eg grapes will be cut into smaller pieces. Pupils with allergies are given their own bowl of snack and a cup which is a different colour and we will provide suitable treats for them which will be kept in a separate, named, sealed box. All cutlery and crockery will be cleaned in the dishwasher so we know it is hygienic and safe for pupils with allergies. Photographs of children with allergies will be displayed in food preparation areas.

Lunchtime

Children bring their own lunch boxes to school. Parents are given leaflets with advice on healthy choices and advice on environmental issues. Water is available. Lunchboxes are monitored by lunchtime staff and any issues shared with the Headteacher and parents. Where possible, staff sit with children and model healthy eating and promote a calm atmosphere conducive to a positive, social eating environment. Children are encouraged to eat their sandwiches/protein food first, followed by fruit/vegetables before other options. Independence is encouraged. Appropriate storage arrangements are made. Parents are consulted on a regular basis as to provision.

Health and Safety Procedures

When washing hands in a sink without taps which can be operated with the elbow, staff will turn taps on and off with a paper towel. Before preparing snack or cooking with children, hair must be tied back, hands must be washed and an apron must be worn.

All cloths and mop buckets are colour coded to avoid cross contamination.

Opening/closing checks in accordance with the Safer Food/Better Business folder will be carried out by a member of breakfast club staff, including but not limited to: fridge temperatures, supplies of soap, paper towels, aprons and gloves, cleanliness of kitchens/bathrooms, food tidied away at the end of the day and food past it's use by date disposed of.

Staff/children with sickness bugs to stay away from work for 48 hours.

Staff and Visitors

Staff and visitors will be encouraged to uphold the food policy by practical example.

School Visits and Events

Food served at events and offered on trips will be consistent with school policy. If home -made food is provided for example sandwiches or cakes at PTFA (Friends of Flagg) events such as the Strawberry Fayre, the school will ask for a list of ingredients to be displayed so that parents of children with allergies can make informed choices.

Community Involvement

At all stages, the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that best practice is communicated. For example; practical healthy lunchbox advice at a parent event, Health Visitor sessions on eating issues, leaflets available, visits to local farms, local produce being used in schools, visitors engaged in food industry.

Equal Opportunities

Provision is allowed for special diets eg medical, cultural, religious, vegetarian, for appropriate serving and for personal choice within a context of trying new and unfamiliar foods. Parents inform us of any dietary or medical needs and the onus is on the parent to inform school of any changes.

Personnel

The Head is responsible for food in school.

Monitoring and Evaluation

The Head will monitor the effectiveness of this policy ensuring that training and resourcing are appropriate and up to date. All staff who prepare food and cook for children will receive food safety training every 3 years. Additional information/training is available in the safer food/better business file.

Links

www.foodstandards.gov.uk/multimedia/pdfs/eatwellplatelarge.pdf

www.foodstandards.gov.uk/multimedia/pdfs/feedtoddler0507.pdf

www.foodstandards.gov.uk/multimedia/pdfs/growingchild0607.pdf

www.myschoollunch.co.uk/derbyshire

Food Legislation Pack for caterers 0845 6060667

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