

Food in School Policy



Cam Everlands Primary School

“We believe, achieve and celebrate”

Approved by:	Governing Body	Date: March 2023
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Last reviewed on:	March 2022
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1. Aims

Our school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food and drink they eat. Through effective leadership, the school ethos and curriculum, all school staff can bring together elements of the school day to create an environment which supports sustainable healthy eating habits as part of a healthy lifestyle. This will be achieved by the whole school approach to food and nutrition documented in this whole school food policy.

The main aims of our school food policy are:

- To provide access for all to great tasting, varied and healthy food choices throughout the school day (meeting the current National School Food Standards). Published 2021
- To enable all members of the school community to make healthy food choices through the provision of information and development of appropriate skills.
- To ensure all cultural and specific dietary needs are met.

2. Legislation and guidance

This document meets the requirements under the following legislation:

- [The Requirements for School Food Regulations 2014](#) introduced standards for school food into law, and specify which types of food and drinks should be served at school and how often

This document is also based on Department for Education (DfE) guidance: [School Food Standards: resources for Schools](#)

3. Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage Cooking and nutrition was brought in as a compulsory part of the national curriculum from September 2014. Schemes of work at all key stages reflect the whole school approach to healthy eating and incorporate the DfE statutory guidelines:-

<https://www.gov.uk/government/publications/national-curriculum-in-england-design-and-technology-programmes-of-study/national-curriculum-in-england-design-and-technology-programmes-of-study>

This is addressed through:

3.1 Teaching methods

Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Schemes of work at all key stages reflect the whole school approach to healthy eating.

3.2 Cooking and nutrition

As part of their work with food, pupils are taught how to cook and apply the principles of nutrition and healthy eating. Learning how to cook is a crucial life skill that enables pupils to feed themselves and others affordably and well, now and in later life. All Pupils are taught the basic principles of a healthy and varied diet, to prepare simple dishes and understand where food comes from. Older pupils are taught about seasonality and a range of cooking techniques.

3.2 Cross Curricular

The school recognises that food has a great potential for cross curricular work and is incorporated in teaching of a variety of subjects in addition to science and PSHE.

4. Food and drink provision throughout the day

4.1 Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements. The school operates a breakfast club that provides a choice of nutritious food for pupils to access before the school day. The Breakfast Club choices comply with National School Food Standards.

4.2 Lunch

Food is prepared by Caterlink, a contractor appointed by Gloucestershire County Council, to provide nutritionally balanced meals at an affordable price. These are cooked and delivered daily from another local school and meet the National Standards for School Food. The school Head/ SLT monitor food served and monitors feedback from children, staff and parents / carers.

4.3 After school club (Everlanders)

The school operates an after school club (Everlanders) that provides a nutritious snack for pupils after the school day. The club offers a range of healthy choices that comply with National School Food Standards. The after school menu might include: toast, cheese and crackers, fresh fruit and yoghurts. The school monitors the menu and ensures providers meet the national school food standards.

4.4 Fruit Scheme (EYFS and Key Stage 1 only)

The School is part of the National Fruit and Vegetable Scheme. This provides all pupils in EYFS, Year 1 and Year 2 with a free piece of fruit each day.

4.5 Drinking water

Drinking water is available to all pupils, all day, every day and free of charge.

4.6 Snacks

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school respectfully asks that snacks higher in fat, salt and sugar at break-time are avoided. The "School Food Plan 2013" stated that confectionary, crisps and sugary drinks should not be on site during the school day. This school supports this. Please

note any child who has specific dietary requirements can let the school staff know and this will be recognised and handled appropriately.

5 Special Dietary Requirements

5.1 Special diets for religious and ethnic groups

The school is proud to provide food in accordance with pupils' religious beliefs and cultural practices. Vegetarians and Vegans School caterers offer a vegetarian option at lunch every day. When necessary the school can also provide a vegan option.

5.1 Specific dietary needs

Food Allergy and Intolerance Individual care plans are created for pupils with specific dietary requirements and or food allergies. These document all requirements per child and any signs and symptoms / adverse reactions for the allergies and intolerances, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

5.1 Nuts

We are a nut-free school and ask parents to ensure that packed lunches do not contain any nuts.

6. Food Safety

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

7. Monitoring arrangements

The governing body will review this policy every 3 years.