



## **Eversley Primary School Whole School Food Policy**

### **1. INTRODUCTION**

Eversley Primary School is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat. This is achieved by the whole school approach to food documented in this whole school food policy.

### **2. FOOD POLICY AIMS**

The main aims of our school food policy are:

- To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day.

### **3. FOOD STANDARDS AND SUPPLIERS**

Eversley Primary School has previously achieved the Healthy Schools London Bronze award which means Eversley is considered a Healthy School as it has a food policy and a health and well-being action plan in place. Food prepared by the school catering team meets the National Nutritional Standards for school lunches.

### **4. CURRICULUM**

Food and nutrition are taught at an appropriate level throughout each key stage to pupils at the school.

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. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. A balanced approach to learning about healthy eating is planned through Eversley's curriculum.

#### **Resources**

Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum in other subject areas. Books are available for children in the library that are focused around healthy eating.

### **5. OUTSIDE THE CLASSROOM**

#### **After school cooking clubs**

Cooking clubs are popular at Eversley Primary School and represent an important opportunity to help children develop understanding of what foods contain and important skills in food preparation. Staff work with the children to produce for example: fruit salad, smoothies, Greek salad, haloumi and pomegranate salad, mini pasta vegetable fragata, potato and pea soup, scrambled eggs and (on occasion) blueberry oat muffins.

## **6. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

### **Snacking**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Children are only allowed to bring fresh fruit in as a break time snack to support a healthy lifestyle.

### **Drinking water**

The National Nutritional Standards for Healthy School lunches recommend that drinking water should be available to all pupils, every day and free of charge. The school agrees with this recommendation and provides a free supply of drinking water throughout the school and playgrounds. Free fruit is also supplied to children in Key Stage 1 daily.

## **6. SPECIAL DIETARY REQUIREMENTS**

Special diets for religious and ethnic groups The school provides food in accordance with pupils' religious beliefs and cultural practices and encourages celebratory foods, in moderation.

### **Vegetarians**

School caterers offer a vegetarian option at lunch every day.

### **Food allergy and intolerance**

Individual care plans are created for children with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and the extended day teams in the School are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Eversley is a nut-free school, and no food containing nuts should be brought on to the premises, including for after school snacks.

## **7. FOOD WASTE**

Eversley is committed to seeking to reduce food waste and to minimising the impact of wasted food on the environment through the use of food waste bins in kitchens.

## **8. 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.