



## Eversley Primary School Whole School Food Policy

### Introduction

The school 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 school approach to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents, pupils and our school nurse. This school food policy is co-ordinated by Lyndsey Kilkenny and Jenny Barton.

### Aims

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards 2015.
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 school community including pupils, staff and parents/carers.

### Food Throughout the School Day

#### **1. School Lunches**

School meals are provided by Enfield Catering and served in the dining hall. The school meals meet the mandatory requirements of the School Food Standards 2015. School meals are planned on a 3 week cycle and always contain a meat, fish and vegetarian option. The school meals menu can be found on our school website.

#### **2. Packed Lunches**

The school'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 aim to 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

Packed lunches should not include:

- Sweets
- Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts

### **3. Snacks**

The school understands that healthy snacks can be an important part of the diet of young people. In the Early Years, snacks are provided during the morning and include pears, apples and carrots.

### **4. Drinks**

The school is a water-only school. Water is provided in our school water fountains and can be accessed during break time and lunchtime.

### **5. School Trips**

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.

## **Rewards and Special Occasions**

### **Rewards**

The school does not allow food to be used as a reward for good behaviour or achievement.

### **Celebrations**

The school recognises the importance of celebrating birthdays and special occasions. For birthday celebrations, all children will receive a song in class and can donate a book to their class library. We do not allow any chocolates, sweets and cakes for birthdays. For celebration events, we welcome a variety of foods, from different cultures, for children to try. Class teachers will provide parents/carers with suggestion lists of celebration food to ensure that we have a wide variety of food choices available. Occasional fund-raising events may include the sale of treat food such as cakes, but the inclusion of other foods will also be encouraged.

## **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). The Eatwell model is used throughout the school as a model of understanding a balanced diet. Termly clubs also support the teaching of food and healthy eating and include a cookery club. Staff delivering cooking sessions and clubs have achieved Level 2 in Food Safety and Hygiene.

### **Special dietary requirements**

The school does everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerances, religious or cultural practices. Individual care plans are created for pupils with food allergies and the lead member of staff for this is Nicole Gallagher-Russell. Pupil food allergies are displayed in a sensitive way in both staff rooms and in the school medical room.

### **Expectations for staff and visitors**

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice around food and drink and in line with the policy, when in the company of pupils.

### **Parents, carers and family members**

Our relationships with parents/carers are 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. Coffee mornings, events and food-related workshops are delivered throughout the year for family members to attend.

### **Monitoring and review**

The policy will be reviewed every 2 years.

Date policy implemented: 06/11/19

Review Date: 06/11/21