



2025

# Food and Drink Policy

## NON STATUTORY

### Approvals

Signed by: Jackie Livermore

Position: Head Teacher

Signature:

| Record of Updates |                        |             |
|-------------------|------------------------|-------------|
| Date Updated      | Additional Information | Updated by  |
| September 2022    | Review                 | Headteacher |
| March 2025        | Review                 | Headteacher |
|                   |                        |             |
|                   |                        |             |

For ease of writing and reading, throughout this policy, the term ‘parent’ is used. ‘Parent’ should be taken to refer to anyone with a parental or caring role, temporary/permanent, in a child’s life. This includes; foster and adoptive parents, special guardians, grandparents and other family members.

## **Why do we have a food policy?**

- To ensure that all aspects of food and nutrition in school promote the health and wellbeing 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 student's ability to learn effectively
- To ensure the school plays its part in the larger community by helping to promote family health, and sustainable food and farming practices

## **What do we want to achieve?**

- To ensure that every pupil has access to safe, tasty, and nutritious food, and a safe, easily available water supply during the school day
- To ensure that the provision and consumption of food is an enjoyable and safe experience
- To ensure that the whole school community understands that a balanced diet is recommended
- To increase pupils' knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment
- To increase pupil, parent and staff knowledge and awareness of food issues, including what constitutes a healthy and environmentally sustainable diet, and hygienic food preparation and storage methods
- To 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

## **How our Food Policy is implemented:**

1. School Ethos
2. Curriculum
3. Birthday/Holiday Gift Food
4. Water
5. Breakfast Club/ After School Club
6. Break time
7. Lunchtime
8. Staff and Visitors
9. School Visits and Events
10. Community Involvement

Across the school, children are given opportunities to grow their own food and to cook with this in classroom mobile ovens or on the fire pit. Seasonal ingredients are used and children are taught, on their request, to cook 'real food' (family puddings, soup etc)

### **School Ethos**

The importance of a balanced diet is consistently communicated throughout the school day including trips and events. Staff are strongly encouraged to participate and model balanced eating as a valuable part of daily life.

### **Curriculum**

PSHE, Geography, History, Science, Food Technology, RE and Languages may all contribute to the curriculum delivery of food education.

Curriculum delivery will involve practical food experience delivered by properly trained staff and will be adequately resourced.

It may be appropriate for a variety of foods to be prepared and consumed within the curriculum or at a celebration. At such times food safety principles are followed. 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. The context of a balanced diet makes this entirely appropriate provided everyone's dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

### **Birthday/Holiday Gift Food**

Parents sometimes wish to give out birthday food or food brought back from a holiday. We agree that food can be fun and treats, in moderation, are part of balanced diet. To keep all children safe, birthday food or food brought back from a holiday must take account of allergy needs within the class. Parents should consult with class teachers before bringing any food into class.

### **Water**

All pupils and staff have water freely available at all times and are able to refill bottles easily. Certain classrooms/subjects may wish to manage the intake of water for safety or behaviour management issues. This is acceptable as long as the principle above is fundamentally upheld.

### **Breakfast Club/After School Club**

The food offered in Breakfast Club is consistent with the school policy. Children attending After School Club may bring their own packed snack and this is kept in a cool place until needed. Parents must ensure the School Office and Breakfast/After School Club staff are kept up-to-date with any medical or dietary requirements.

### **Break time**

At break times, our pupils are encouraged to consume healthy snacks although we agree that food provided for children to eat at break and lunch is ultimately a parental decision. Food containing nuts, or where appropriate, other products that children are severely allergic to, are not allowed. Water or milk is encouraged at breaks as well as in the classroom. This is to ensure that pupils return to the classroom prepared and refreshed for learning. It will also help us to limit litter and control the environment to make it safe for a pupil with allergies.

Children are regularly reminded not to share food.

Food or drink provided to the pupils is consistent with this policy. A variety of fruit and vegetables are available at break time and at lunch time.

### **PTA**

Occasionally the PTA may provide or sell food that is designed as a treat and therefore to be consumed in moderation. For example; sweets at a disco and ice-lollies during the summer term. These items are advertised in advance to allow for parental choice.

### **Lunchtime**

All pupils have a choice enabling them to eat healthily, meeting the government's food-based standards to meet one third of a child's average dietary requirements across a menu cycle. Pupils are encouraged to taste and eat new foods.

Staff, time and seating arrangements are sympathetic to a positive social eating environment for those buying lunches and those eating a packed meal. Children may be gently encouraged to eat or try food but the child's choice is respected so they learn to have a healthy approach to food and can self-regulate their diet and intake.

Appropriate storage arrangements are made for packed lunches. As there is no fridge space, pupils are encouraged to bring insulated bags with freezer blocks.

Where medical needs, such as allergies impact upon the food children can safely eat or be close to, appropriate provision will be made in consultation with parents, children's medical practitioners and school caterers. Parents must ensure the School Office is kept up-to-date with any medical requirements.

### **School Visits and Events**

Food served at events and offered on trips will be consistent with school policy.

### **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; a trip to the farm to see where our food comes from or a breakfast workshop to learn more about food and its source.

### **Equal Opportunities**

Provision is allowed for special diets e.g. medical, cultural, vegetarianism and for appropriate serving. Free packed and cooked lunch provision will be handled sensitively.

### **Monitoring and Evaluation**

The Headteacher will monitor the effectiveness of this policy ensuring that training and resources are appropriate and up to date.