



# Food Policy



Date Reviewed:	February 2020
Review Frequency:	Every 3 years
Date of next review:	February 2023
Governor Signature:	

## **Our Ethos:**

‘Everyone in our school community has a right to learn and grow, be treated with respect and feel safe. Each has a responsibility too to conduct themselves in a way that helps promote these rights helping us to ensure that we continue to develop a culture and ethos in which every person feels valued and knows how to value the contribution of others.’

# South Somerset Partnership 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.

This policy should be read in conjunction with the School food Standards

<https://www.gov.uk/government/publications/standards-for-school-food-in-england>

## 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
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. Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day.

We provide a healthy breakfast between 8.45 and 9am every day for pupils and we serve fresh fruit daily.

### 2. School Lunches

School meals are provided by an external catering provider and served between 12.15 and 12.45pm in the dining area in each centre. The school meals meet the mandatory requirements of the School Food Standards above.

School meals are planned on a 3 week cycle and always contain a meat/ fish and vegetarian option.

### 3. 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 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
- Oily fish once every 3 weeks e.g. sardines or salmon
- **The weight of portions is also important, and is the same as for hot meals.**

***Packed lunches should not include:***

- ***Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars***
- ***Sweets***
- ***Any items containing chocolate including bars, biscuits, cakes or yoghurts/desserts***

The school provides water for all pupils at lunchtime; therefore there is no need for packed lunches to include a drink.

#### **4. Snacks**

The school understands that healthy snacks can be an important part of the diet of young people.

We offer a healthy snack at break time including fruit and a cereal bar or similar.

#### **5. Drinks**

The school is a water only school, with the exception of the free milk entitlement for all primary and secondary free school meal pupils. Water is provided at all times.

In line with school food standards we offer pure fruit juice to a maximum of 150ml of juice per day per pupil.

Hot drinks are not permitted for pupils

#### **6. School trips**

A packed lunch will be provided by the school, for all children who usually have a school meal.

#### **7. Rewards and special occasions**

##### **Rewards**

The school does not allow food to be used as a reward for good behaviour or achievement. Other methods of positive reinforcement are used in school including: Certificates and praise, special awards and reward activities

##### **Celebrations**

Occasional fund-raising events and festivals may include treat food such as cakes, but the inclusion of other foods will also be encouraged.

#### **8. Curricular and extra-curricular activity**

Food and nutrition is taught at an appropriate level throughout each key stage in science and PSHE (Pixl Wellbeing)  
Staff delivering cooking sessions have achieved Level 1/2 in Food Safety and Hygiene.

#### **9. 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 the pastoral lead in each centre.  
Key staff are made aware should a pupil have a food allergy and/or a medical care plan.

#### **10. Expectations of 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 behaviour around food and drink and in line with the policy, when in the company of pupils. Staff do not consume hot drinks in front of pupils.

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

Our relationships with parents/carers is very important and we aim to support them with information and advice around food should they require, so that they are best prepared to make healthy choices for their families. Our school website includes information on healthy eating.

## **12. Monitoring and review**

The policy will be reviewed every 2 years.

Date policy implemented:

Review Date: