



Stenson Fields Primary Community School Food Policy



Why do we have a food policy?

- To ensure that all aspects of food and nutrition in school promote the health and well being 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 & 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 & 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.
- To introduce and promote practices within the school to reinforce these aims, and to remove or discourage practices that negate them.

How our Food Policy is implemented.

School Ethos

The importance of a balanced diet is consistently communicated throughout the school day. Staff are also encouraged to participate & model healthy eating as a valuable part of daily life.

It will be made clear that the emphasis placed on a balanced diet is to enable safe & effective learning as well as providing a foundation for good health.

Curriculum

PE, PSHE, Geography, Science, Food Technology, RE & 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 wide variety of foods to be prepared & consumed within the curriculum or at a celebration. At such times food hygiene

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

As part of our Healthy Schools Status, bringing sweets and cakes for birthday/holiday celebrations into school is not encouraged. In the rare instances where this happens, the items in question will be sent home with the children at the end of the school day and not eaten in school.

Water

We encourage all children to bring a bottle of fresh water to school daily. This is to ensure the children are well hydrated and also keeps their brains active! We also ask that this is a sports top bottle and not a screw top as these are easily spilt. All pupils and staff have water freely available at all times and are able to refill bottles easily. Please ensure the water bottle is clearly named and that it contains only water. **No fizzy drinks, squash or flavoured water are allowed.**

FOOD REGULATIONS – CHOKING HAZZARDS

The government food agency has issued new guidance on choking hazards for children aged five and under. While these recommendations specifically target that age group, we ask all KS1 families to follow these rules for the safety of our younger children.

If you are sending in small fruit for snack or packed lunch e.g. grapes, berries, cherry tomatoes, please ensure they are cut lengthways and then into quarters if. Larger fruit/vegetables such as carrot, cucumber, melon should be cut into sticks, not chunks. Please ensure they are cut before sending them to school or your child will not be allowed to eat them and they will be sent home (staff do not have time to do this in school). Any fruit provided by the school will adhere to these requirements.

[Food Agency - Choking Guidance](#)

Break time

At break times our pupils are allowed to bring in and consume a piece of fruit. Please ensure the fruit is readily prepared, washed/peeled etc and that it is in a named container. Fresh or dried fruit is permitted, but, *processed fruit bars, nuts, crackers, crisps, chocolate and snacks high in fat, sugar or salt* **are not allowed**. This is to ensure that pupils return to the classroom prepared and refreshed for learning.

If a child does bring in an inappropriate snack, it will be held by the class teacher and sent home at the end of the day. School is not able to provide an alternative snack in the mornings if this happens. If an inappropriate snack is sent in regularly, school will contact parents/carers to ensure they are aware of the food policy.

All KS1 children are offered an additional piece of fresh fruit in the afternoon. This is part of the Free Fruit for Schools Scheme.

Nut Allergies

We do have a small number of children in school who have severe nut allergies and request that nuts and nut products (i.e. Nutella) are **not** included in packed lunches or snacks.

Lunchtime

Lunches meet or exceed the national guidance. All pupils have a choice enabling them to eat healthily. Meeting the government's food-based standards;

- More fruit and vegetables (at least 2 servings)
- More oily fish (at least once every 3 weeks)
- Bread available at lunch every day
- Free fresh drinking water should be available at all times (also in place for packed lunch eaters)
- Healthier drinks (restrictions apply)
- No confectionary
- No savoury snacks
- No salt and condiments restricted
- No more than 2 deep fried foods in 1 week
- Manufactured meat products restricted (must meet minimum meat content)

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.

Packed lunches are monitored and the curriculum encourages healthy sandwiches etc. Appropriate storage arrangements are made. As there is no fridge space, pupils are encouraged to bring insulated bags with freezer bags. Information is provided to parents on balanced lunchboxes through our Packed Lunch Policy

Any alterations to provision are communicated clearly after a full consultation process has taken place with staff and students.

Staff and Visitors

Staff will be encouraged to model the food policy.

Visitors will be offered healthy refreshments or at least a choice which contains a healthy option.

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; practical healthy lunchbox

advice at a parent event or school councils generated healthy snacks list issued by them to parents.

Equal Opportunities

Provision is allowed for special diets e.g. medical, cultural, vegetarian and for appropriate serving.

Free packed and cooked lunch provision will be handled sensitively.

Personnel

The Headteacher is responsible for food in school.

Monitoring and Evaluation

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

Policy Development & Review

This policy document was produced in consultation with the school community, including pupils, parents, school staff including the catering staff and Governors.

This document is freely available to the entire school community. It has also been made available in the school newsletter, web-site and prospectus.

This policy will be reviewed on a biannual basis.

Review date: September 2027