



## Food Policy

Adopted by Learning & Teaching Committee on behalf of the Governing body: Spring 2019  
Amended: Spring 2019  
To be reviewed: Spring 2022

### Vision Phrase

'Aim high and smile'

We are committed to safeguarding and ensuring the health, safety and well-being of all pupils in accordance with safeguarding procedures and guidance for staff outlined in the school's Health and Safety, Child Protection, Security and Safeguarding policies.



# FOOD POLICY

## Introduction

### **West Hove Infant's values statement**

We value all members of the school community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. We also recognise that food and drink play an important role in our different cultures and for emotional and social well-being.

We are committed to giving all our pupils and staff consistent messages about all aspects of health and well-being across the school, for them to develop their understanding of particular behaviours and encouraging the taking of responsibility. This policy should be read alongside the school's policies for Health & Safety, PSHE, Science, DT and Learning and Teaching. It should also be read alongside our Health and Wellbeing guidance for staff.

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision at our school.

The scope of this policy encompasses all food and drink consumed on the school site between 9.00am and 3.15pm and as part of a school activity. It aims to promote the Balance of Good Health (see Fig 1) and to promote sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.



*FIG 1*

A healthy diet is defined as one where there is a balance of food and drink which provides the nutrients required in the right amounts.

## Aims and objectives

Our aim is for all aspects of school life to promote the health and well-being of all members of the school community, including food and nutrition, as part of our commitment to being a Healthy School.

## **Objectives:**

- To set out a consistent approach to food and drink provision throughout the school day
- That all our pupils learn about food and drink as part of a curriculum that supports health and well-being
- To provide high quality school meals to our pupils, within the resources available
- To provide suitable social settings for pupils and staff to consume food and drink
- To work in partnership with parents and carers

## **The Curriculum**

Teaching about food and drink forms part of the curriculum in: science, design and technology and PSHE and citizenship. The curriculum plans for PSHE and science set out the curriculum coverage, continuity and progression. Healthy eating is also part of our whole school assemblies where appropriate.

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop skills in the preparation of food, in the analysis of food and in maintaining personal health.

## **Food and drink provision**

### **School meals**

School meals are provided by [Caterlink Ltd](#) which meet the Government's food and nutrient based standards for school food. The implementation of national nutritional standards and information about the style of service and menu content are identified in the catering contract. This contract specification forms part of this food policy.

Steps are also taken to excite and motivate pupils to try new foods, and also to involve and consult with pupils and parents / carers about school meals. These could include theme days and tasting sessions and menus will be displayed prominently. We are committed to non-discriminatory procedures to ensure all pupils who are eligible for free school meals take up their entitlement.

The importance of pupils and staff having enough time to eat and digest lunch will be taken into account when planning the school day. Parents are free to alternate between school meals and sending in their own packed lunch. Although the contents of packed lunches are determined by parents, we do encourage healthy eating in line with this policy.

### **Special dietary needs**

Parents / carers are expected to inform schools of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day.

### **Packed lunches**

The school is committed to informing pupils and parents / carers about approaches to the preparation of a packed lunch that is balanced and healthy. Such information is included in our half termly curriculum newsletters. The school will identify areas for the eating of packed lunches where pupils can have easy access to drinking water and facilities to dispose waste.

## **Snacks**

We have a fruit or vegetables snacks only policy and as such are part of the Government's Fresh fruit for Schools Scheme. Parents can send in their own piece of fruit or vegetable if they wish. This snack will be available throughout the day for children to choose independently. If there is surplus fruit, children can have an additional portion if wanted.

## **Celebrations**

The school recognises that food is often an important element of celebrations and will ensure that healthy options are available.

## **Treats and rewards**

The school will only use non-food based rewards.

## **Drinks**

The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school will meet its legal requirement to make clean, palatable water available to all pupils and staff throughout the school day. Parents / carers will be encouraged to provide an appropriate container for drinking water and ensure that containers are kept clean. Parents / carers will be provided with information about the value of drinking sufficient water. There are three drinking fountains in school. They are located in the back playground/cloakrooms.

## **Dining environment**

The school aims that all eating environments are welcoming and encourage the positive social interaction of pupils and staff. The school will specify areas for eating meals and will ensure all such areas have easy access to drinking water and facilities to dispose of / recycle waste.

## **Extended school and social activities**

The school will endeavour to ensure that all school social events and school clubs operate consistently within the objectives of this policy.

## **Breakfast club**

The breakfast club will provide healthy and tasty foods in accordance with national nutritional standards and ensure food is prepared in healthy and safe conditions by trained staff.

## **Partnership with parents**

The school will work actively with parents / carers around food and diet. This will include:

Tasting sessions of school dinners;

- Information about a balanced and healthy packed lunch;
- The availability of an appropriate designated area for breast feeding, and other infant feeding.

## **School events**

The PTA of each site are aware of this food policy and all of their events will aim to take place consistently within it where appropriate and manageable.

## **Professional development**

All school staff and governors will have access to opportunities for CPD to support the implementation of this policy when needed. Groups of staff will have particular CPD needs, such as our MDSAs for example, to encourage consistent implementation at lunchtime.

## **Health and safety**

All food preparation will adhere to the school's health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school and an equipment inventory for food technology (within the DT curriculum) will be maintained and audited by the DT coordinator.

The school's risk assessment procedures will include consideration of food hygiene. Parents/carers should notify the school in writing of any special medical dietary needs and the school will work in the best interests of the child.

We do not allow nuts or nut containing products in school due to the prevalence of nut allergies. Staff are vigilant in checking for this and parents are reminded regularly.

## **Implementation**

The implementation of the Food Policy is the responsibility of the school's PSHE coordinator, who will consider aspects of healthy eating as part of developments in the school. This is taught in an annual block that falls under the strand of 'Health'. The terms 'everyday food' and 'sometimes' food is used as part of the dialogue around a balanced diet so as not to label any food as 'bad', or a 'treat', both of which can set up damaging relationships with food as well as passing on unintended discrimination onto families diets. Subject leaders are responsible for the coordination of the curriculum in relation to food, drink and nutrition where it is relevant to their subjects.

Steps will be taken to consult with pupils, including via the school council, about food and drink provision at school.

## **Monitoring and Review**

The monitoring of this policy will be the responsibility of the PSHE coordinator. There will be an annual report to the governing body about aspects of food and drink at school.

This policy will be subject to a formal review every three years or sooner if significant changes occur.