



# Food Policy

Status of document:

Review date

:XXXXXXXX

(all policies will be subject to review  
outside this cycle should legislation /  
circumstances require it)

# Food Policy

St Saviour's School recognizes the importance between children eating healthily and their ability to learn and perform effectively. Well nourished children are more likely to perform better in the classroom and realize their potential in school.

The aim of this policy is to improve the eating habits of the entire school community by teaching staff, pupils and their families' ways to establish and maintain life-long healthy eating habits; as well as a consideration for the environmental impact of these choices. This is to be accomplished through a "whole school approach" of food education: working with Tower Hamlets Catering Services and the School Head Caterer with the serving of foods in school, and topic coordinators with the delivery of food education in the classroom.

## Aims

- ✓ To improve the eating habits of pupils, staff and their families by helping to influence their eating habits through increased knowledge and awareness of food issues including what constitutes a healthy diet, hygienic food preparation and food storage methods.
- ✓ To increase pupil's knowledge of food production, manufacturing and distribution, and their impact on health and the environment.
- ✓ To ensure pupils are well nourished at school.
- ✓ That every pupil has access to tasty, nutritious food, and a safe, easily available water supply during the school day.
- ✓ 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 make the provision and consumption of food an enjoyable and safe experience.
- ✓ To introduce and promote practices within the school to reinforce these aims and to remove or discourage practices that negate them.

## Objectives

- ✓ To ensure that this policy is accepted and embraced by all members of the school community, including children, parents, staff and governors.
- ✓ To integrate the aims of the policy into all aspects of school life.

## **Methods**

- ✓ Establish an effective structure to oversee the development, implementation and monitoring of this policy and to encourage a participatory approach to meeting the objectives.
- ✓ Develop information packs for parents on healthier packed lunch options.
- ✓ Create an environment conducive to the enjoyment of safe, tasty, nutritious foods.
- ✓ Update medical records regularly and maintain a database of children who have food allergies, and communicate this information to the kitchens immediately.
- ✓ Keep parents informed.
- ✓ Help to promote and raise awareness of environmentally sustainable food production methods and socially responsible food marketing practices.

## **Breakfast Club**

The Breakfast Club offers a range of healthy breakfasts including; cereals, yoghurts, fruit, toast or bagel. The Breakfast Club operates on a daily basis for all children from the age of five and provides a range of reading materials and art activities for the pupils.

## **Snacks**

All children in the Early Years have access to milk, fruit and bagels provided by the school.

All children in KS 1 can choose a piece of fruit or raw vegetable during morning play provided by the school. No other snacks are allowed. All children in KS2 have access to organic fruit for free. Pupils distribute the fruit.

There are no vending machines on site.

## **School Lunches and Packed lunches**

Our school lunches are made on site. The menu is provided for us by Tower Hamlets and is updated twice a year. The Head Caterer adapts this menu, with guidance from Tower Hamlets Catering Services to ensure that the food offered is desirable and well-balanced. The menu adheres to the DfES Standards for school lunches as provided by the Foods Standards Agency.

Children who bring packed lunches to school are advised of acceptable healthy content. We do not allow sweets, chocolate bars, juice or fizzy drinks for packed lunch. If these are discovered, an alternative is offered and a reminder note is placed in the child's lunch box along with the item to be returned home at the end of the school day.

Healthy lunches are promoted by school council to other pupils, by the Parent Liaison Officer to parents during coffee morning and during one of the school's Healthy Schools' Weeks.

### **Special celebrations**

At special times such as birthdays and Christmas and end of year parties, children are allowed to bring in celebration food such as cake to share with their peers.

### **Water**

Water is available throughout the school day via the school water fountains and classroom taps. Children may bring water bottles into school and drink water at any time of the day except during collective worship and assembly. Flavoured water is not acceptable and will be returned.

### **Monitoring and review**

The Head Caterer and Tower Hamlets Catering Services are responsible for ensuring that the food served is in accordance with the Food Standards Agency Guidelines for School Lunches.

The Healthy Schools Coordinator and the Subject Coordinators are responsible for the integration of the food policy into the curriculum (usually focusing on this during Healthy Schools week). The Head Teacher and Assistant Head is responsible for supporting colleagues in the delivery of the food policy, and the Governors are to check that this policy is upheld, can offer guidance if expertise is sought and be involved in the policy review process.

This policy will be reviewed bi-annually.

Signed by Chair of Governors ..... Date .....

Signed by Head Teacher ..... Date.....

Review Date \_\_\_\_\_

Next Review Date \_\_\_\_\_