



Croft Church of England Primary school

Food policy

Policy updated: October 2019

Date of review: October 2022

1, School ethos

Croft Church of England offers a caring environment and appreciates that a healthy diet is essential for maintaining and protecting children's health, for ensuring they perform to their full potential during the school day. Therefore, 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 the day.

2, Food policy aims

- To enable children to make healthy food choices through the provisions of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.
- To increase pupils knowledge of food production, manufacturing, distribution and marketing practices, and their impact on both health and the environment.

3, Food standards and suppliers

Croft Church of England school has achieved the bronze Food for Life Award which means Croft school is considered a Healthy school. A copy of the certificate is displayed in the main entrance of the school. We are currently striving for the Silver award. For more information please visit the Food for Life website. The supplier we use for our school hot dinners are Greystoke Primary school. On the 26th February 2019 they were rated 5 star food hygiene.

Chefs standards:

Copies of menus are displayed in the hall and classrooms. Children choose their meal at the start of each day which contains both a meat and vegetarian option. All menus are nutritionally analysed to ensure they meet and in most cases exceed the food standards.

Food prepared by the school catering team meets the National Nutritional Standards for School Lunches. Food served in schools and academies in England must meet the School Food Standards so that children have a healthy, balanced diet. The School Food Standards apply to all maintained school, and academies that were founded before 2010 and after 2014. They must provide: high quality meat, poultry or oil fish, fruit and vegetables and bread, other cereals and potatoes.

4, Food and drink provision throughout the school day.

Breakfast club and afterschool club:

Breakfast is an important meal that should provide 25% of a child's energy requirement and contribute significantly to their vitamin and mineral requirements.

The school breakfast club (7:45-8:45) provides a nutritious meal for pupil before the school day. The breakfast menu includes healthy cereals and toast, as well as a choice of drink including water, apple juice and orange juice.

Our after school staff provide children with a healthy after school snack and are aware of children's allergies or intolerances. The food we serve in after school club is sandwiches, with fillings of ham, cheese or jam, and toast. All children are offered either a juice drink or water. Fruit is readily available to all children. After their snack the children then have the opportunity to go outside and take part in some fun active games.

Break time:

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet.

Break time allows children to eat a healthy snack. They can bring their own in or we have our own healthy Tuck shop where children can purchase healthy snacks. The school discourages the consumption of snacks high in fat and sugar at school. Food and drink sold to the pupil is consistent with this policy and the government non lunch standards. These are no confectionary, no savoury snacks, and that fruit should be available.

Free fruit is also supplied to children in Key Stage 1 daily.

Lunchtime

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

Packed lunches

Guidance is given to packed meals to encourage a healthy balanced choice.

Our school encourages parents to provide nutritious packed lunches based on the Balance of Good Health by providing foods low in fat, sugar and salt. Foods that are encouraged include a pieces of fruit, vegetables or salad and a milk based product such as yogurt. Sugary and fizzy drinks are not allowed with water recommended and available to all pupils. Parents are reminded that a packed lunch needs to be wrapped and kept cold, as lack of refrigeration until lunchtime could lead to growth of harmful bacteria. Parents are encouraged to use an insulated box or bag. Copies of the School Food Trust's recommendations for healthy nutritious packed lunches are available to parents.

Free school meals

Croft Church of England provides free school meals to all preschool and KS1 pupils. This is regardless of your family income, as long as a free school meals form has been completed. Please contact the main school office for more details.

5, Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge. The school agrees with this recommendation and provides a free supply of drinking water throughout the school and playgrounds. Children are encouraged to bring a water bottle to school which can be refilled throughout the day. This ensures that a child can have water present during all school activities such as Physical Education.

6, Special dietary requirements

Vegetarians

School caterers offer a vegetarian option at lunch every day. Our Tuck shop also offers a vegetarian choice of snack for break time.

Food allergy and intolerance.

School caterers and the extended staff in the school are made aware of any food allergies/food intolerances. Croft Church of England Primary school is a nut-free school, and no food containing nuts should be brought on to the premises, including for after school snacks.

7, Curriculum

A range of curriculum subjects may all contribute to the curriculum delivery of food education based on the aims set out.

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

It was 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 and an excellent opportunity to building friendships. The context of a balanced diet (As depicted by The Eatwell Plate) makes this entirely appropriate provided everyone dietary needs are met. An attempt will be made to avoid foods containing high levels of fat, sugar and salt.

8, School visits and events

Food served at events and offered on trips will be consistent with the schools food policy. All paid packed lunches will be based on the Balance of good health that is made the morning of.

9, Involvement of the wider community

At all stages the wider community will be involved in developing and implementing this policy. This will ensure that work is sustainable and that the best practice is communicated. For example: Our lunchtime caterers are always looking to improve their meal options.

Fundraising is an important part of school life. All fund raising activities will consider the importance of the whole school food policy. When possible the school will promote healthier choices, however, in some circumstances this may not be possible such as Macmillan coffee morning.