

# Abbotswood Primary School



## School Food Policy

### Rationale:

The school is dedicated to providing an environment that promotes healthy eating and enables children to make informed choices about the food they eat and where it comes from. We promote this so all of our children are lifelong healthy eaters. This is achieved by a whole school approach to food, as outlined in this policy below.

### Aims of the Policy

The main aims of the policy are:

- To enable children to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day in line with the mandatory School Foods Standard
- To encourage a consistent approach to healthy eating across the school community including pupils, staff and parents/carers
- To ensure equal access to healthy food and drink and appropriate nutritional education for all pupils
- To encourage uptake of free school meals for those entitled to them
- Ensure all staff have up to date knowledge, skills and resources to educate pupils about food

### Curriculum

Teaching and learning about food and nutrition occurs at an appropriate and progressive level within our science, PSHE and food technology curriculums.

Teachers are encouraged to practically cook with their classes with the cooking activities linked to the enquiry being studied.

At all times food safety principles are followed.

We follow current guidelines regarding hygiene and cleanliness when tasting, preparing or handling foods.

All classes have access to the allotment. Classes are encouraged to participate in growing foods that can be used in their class recipes.

Staff are trained with appropriate cooking skills and knowledge of activities that can be undertaken with the different age groups.

Opportunities are given to the children to get to know local producers and suppliers through our curriculum, visits and a hands on approach.

### Food throughout the school day

#### 1. Breakfast Club

The school runs a daily breakfast club offered to all children from 7.45am – 8.40am. The breakfast menu contains cereal, toast, fruit and yoghurt served on a daily basis with a cooked option on a Friday.

#### 2. School Lunches

Lunchtime is seen as a social activity for the children. Children sit around tables with their friends.

Food is served between 12.15 and 13.00 in the dining halls. Food prepared by the school catering team meets the National Standards for School Lunches.

School meals are planned currently on a 2-week cycle and always contains a range of meat/fish, vegetarian or jacket potato options. There is also a daily salad cart to choose from. When the school meal menu changes, it is sent home to parents. Menus are displayed in classrooms and outside our kitchen for all to see.

Parents are given the opportunity share the school meal experience and are encouraged to give us feedback so that we can enhance the provisions even further.

### **3. Packed Lunches**

Children with packed lunches are able to eat their lunch with those having hot meals. Packed lunch guidance is sent home to enable parents to make healthy choices. Please see Appendix 1 for more information regarding packed lunches.

No nuts or nut-containing products should be brought into school (e.g. peanut butter, nut-based spreads, biscuits, cereal bars). Although a nut-free environment cannot be guaranteed, the aim is to reduce risk as much as possible

### **4. Snacks**

#### *Morning*

The school provides toast for sale during mid-morning break, paid for on a termly basis. Children are also able to bring in fruit or vegetables in reusable pots.

KS1 children are provided with a piece of fruit at morning break.

Sweets, crisps, chocolate bars, yoghurts are not allowed as a morning snack and we recommend a healthy snack or purchasing toast from the kitchen.

### **5. Drinks**

Water is available to all children during the day. Children provide their own washable and refillable water bottles that are sent home daily for cleaning.

Children in EYFS receive free milk in the morning until their fifth birthday.

Juice, squash, energy drinks or any other fizzy drinks are not allowed.

### **6. After School Club**

The school runs an after school club from 3.15 to 5.45pm that must be pre booked in advance. Toast is available for the children attending.

### **Outside the Classroom**

#### **Cooking Club**

A cooking club is offered for children in Years 3 – 6 after school during the school year. The children are encouraged to cook and taste seasonal recipes that form part of an entire meal. As much as possible, produce grown in the school allotment are used in the recipes. Food is sent home for parents and siblings to try.

#### **Allotment Club**

An allotment club is offered during the year for Years 3 – 6. Along with the curriculum based learning, this offers children the chance to understand where their food comes from and how it develops from seed to edible plant.

#### **Wider Community**

The partnership of parents with our school is essential to promote and encourage a healthy lifestyle. We aim to keep parents informed about current menus and any changes that may occur. We value feedback on food provision and work closely with the catering staff to improve the choices on offer. Parents are welcome into school to participate in the allotment club.

#### **Implementation, Monitoring & Evaluation:**

Parents will be made aware of the policy through the new parent welcome pack and school website. When appropriate a reminder will be issued in the school newsletter.

The head teacher and staff will be responsible for the implementation of the policy through dialogue with parents and pupils.

The head teacher will report to the governors on the way the policy is being implemented.

**Ratification**

Approved by the FGB 13/10/25

**Publication**

This policy can be found on the school website, and the Teacher Shared drive in school

**Review:**

This policy is a working policy and will be subject to regular review in practice. The school will review every three years the process to ensure that it continues to work effectively.

## Appendix 1

See below for examples of what could be added to create a balanced packed lunch.

<b>Carb / Protein</b> <b>– Use a selection to create the main lunchbox component</b>	<b>Vegetables / Fruit – Select 2 (sliced or chopped lengthways)</b>	<b>Small savoury snack – Optional selection of 1</b>	<b>Small sweet treat – Optional selection of 1</b>	<b>Drink</b>
<p><b>Carbohydrate (Ideally, Whole grain or Wholemeal)</b></p> <p>Bread</p> <p>Wrap</p> <p>Pitta</p> <p>Pasta</p> <p>Crackers</p> <p>Rice salad</p> <p>Quiche</p> <p>Plain rice cakes</p> <p><b><u>Protein:</u></b></p> <p>Ham</p> <p>Cheese</p> <p>Tuna            Egg</p> <p>Hummus</p> <p>Chicken slices</p> <p>Mini sausages</p> <p>Falafel Natural</p> <p>Yoghurt</p>	<p><b>Vegetables of your choice – could include</b></p> <p>Carrot</p> <p>Tomatoes</p> <p>Cucumber</p> <p>Celery</p> <p>Broccoli</p> <p>Peppers</p> <p>Fruit of your choice</p> <p>Dried fruit</p>	<p>Crisps</p> <p>Please consider</p> <ul style="list-style-type: none"> <li>• Lower fat</li> <li>• Lower salt</li> <li>• Baked</li> </ul> <p>Savoury popcorn</p> <p>Breadsticks</p> <p>Twiglets</p> <p>Mini cheddars</p>	<p>Penguin or similar size biscuit bar</p> <p>Small cake</p> <p>Small flapjack</p> <p>Malt loaf</p> <p>Fruit yogurt / fromage fraise</p>	<p>Water</p> <p>Flavoured water</p> <p>Sugar free squash</p> <p>Fruit juice</p> <p>(Water is the only drink allowed in the classrooms for all-day drinking but you may choose to add a different drink inside the lunch box)</p>