



Food & Snack Policy

Author: SLT

Owner: CEO/Directors

Date adopted: September 2023 (reviewed January 2025)

Review: September 2026

We are a rights respecting school. All our policies and procedures are written and reviewed to ensure that children's rights, as detailed in the United Nations Convention on the Rights of the Child, are respected and promoted and this policy ensures:

Article 3 The best of the interests of the child must be a top priority in all decisions and actions that affect children.

Article 12 Every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. This right applies at all times, for example during immigration proceedings, housing decisions or the child's day-to-day home life.

Article 24 Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy. Richer countries must help poorer countries achieve this.

For more information on the convention and the rights of each child visit: <http://www.unicef.org.uk/>.

Inclusion Policy Statement

At St Ann's Church of England Primary School we are committed to overcoming all barriers to learning and raising standards in all aspects of school life.

We aim to promote inclusivity as an integral aspect of our school development, permeating all our policies, in order to increase the learning and participation of all our pupils.

We recognise and value the varied life experiences and needs of our children. Our school is one in which the teaching, learning, achievements, attitudes and well being of each child matters.

We are committed to ensuring that school practice reflects our inclusive aims by utilising resources both within the school and the Local Community, by responding to diversity and by nurturing an understanding of difference with our staff and children.

The school strives to establish inclusive values by having high expectations for all pupils, by valuing all children and through the sharing of the same philosophy by all staff, governors and parents alike

Reviewed Autumn 2021

Aims

- To recognise the importance of a healthy lifestyle and diet.
- To encourage children to establish healthy eating habits for life.
- To ensure that all aspects of food and nutrition in school promote health and wellbeing of pupils, staff and visitors to our school.
- To provide a consistent programme of cross-curricular nutrition education that enables pupils to make informed healthy choices both in and out of school.
- To specify the types of food and drink that we will provide in school at different times and the foods that pupils are encouraged to bring in, as agreed with the school community.
- To work in partnership with the catering staff to ensure that nutritional standards are implemented by providing a choice of meals daily that are appropriate.

Policy Background

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They became mandatory in all maintained schools, and new academies and free schools from January 2015. As a result, the current food provision in school was reviewed and ways to increase people's knowledge, understanding and attitudes towards healthy eating were researched. Following this, the policy was been updated.

The policy was developed in consultation with pupils, parents, staff and St Ann's School Committee. Advice was taken from the Healthy Schools Consultant and the Healthy Living Programme Team.

The document is freely available to the entire school community. It has also been made available on the school website. A review will be held every 3 years, or sooner if legislation requires.

Definition of Healthy Eating/Nutrition

A healthy diet is one which allows for a balance of different foods that sustain the well being of the individual. Different lifestyles result in different dietary needs and individuals need to be aware of these and the effects of different foods on their bodies. A healthy, balanced diet may vary between individuals from different cultural, ethnic and social backgrounds.

Hygiene

The school will ensure staff members handling food have access to a basic food hygiene course through their professional development programme.

Children will be reminded about the importance of hand washing prior to preparing or eating food.

School Food Provision

At St. Ann's Church of England Primary School we recognise a child's healthy, balanced diet should consist of:

1. Plenty of fruit and vegetables.
2. Plenty of unrefined starchy foods.
3. Some meat, fish, eggs, beans and other non-dairy sources of protein.
4. Some milk and dairy foods.
5. A small amount of food and drink high in fat, sugar and/or salt.

This knowledge is reflected in the food provision in school.

Currently, school dinners are provided by Mellors. The school and the catering providers are dedicated to providing a balanced menu of school dinners and snacks, with a minimal amount of additives as is possible within the budget. The School Nutrition Action Group (SNAG) works closely with Mellors to ensure that there is a consistently wide range of nutritious and attractive meals available to pupils. The needs of pupils who have school dinners with individual dietary needs, due to medical, cultural or religious reasons are met. For the current cost of school meals, please refer to the school office.

Mellors' menus are developed using the five main food groups demonstrated by the Eatwell Plate and they endeavour to use low fat cooking methods wherever possible. They hope to nutritionally educate pupils guiding them towards choosing healthier, more balanced meals, which in turn will play a crucial role in decreasing their saturated fat, salt and NME sugar intake.

Mellors fully support the government led food based standards and the school food plan. Their recipes and menus meet the required standard for the appropriate age group within primary schools. Mellors' balanced menu meets bronze food for life criteria which in turn positively impacts on health, education and local economies and strives to 'close the gap' between disadvantage children and their peers.

Mellors work closely with regional and national suppliers to improve the nutritional content of their branded products, ensuring that they are actively meeting the target nutrient specifications set by the Food Standards Agency. Whilst monitoring these levels, they also work to minimise and eliminate, where possible, the use of additives and are continually working towards the removal of trans-fats from within our product range. Mellors also promote the use of low fat dairy products across the business and herbs and spices are now favoured over salt in the cooking process.

As a registered supporter of the Change 4 Life government led health and wellbeing scheme, Mellors also aim to reach out to parents and the wider community.

From September 2014, the school has offered free school meals to pupils in reception, Year 1 and Year 2. For children who are not entitled to a free school meal, the office can provide the cost of school meals.

Special Diets and allergies

The school recognises that some children require specialist diets, or have food allergies. We are a nut-aware school. This means products containing nuts are not permitted at school. Teachers will be aware of any pupils within their class who this may apply to. Kitchen staff are made aware of any allergies within the school. This information is requested annually and on admission to school and parents/carers are informed about any healthy eating events when food may be sampled. Prior to residential trips, a form is sent home which includes information on dietary needs. Staff receive regular training in allergies, choking and gagging.

Health and Safety

Read in conjunction with the EYFS Policy and First Aid Policy.

Choking and Gagging:

We adopt proactive strategies to minimise the risk of choking/gagging at our school. To support safe mealtimes and reduce the risk of choking, we follow specific food preparation guidelines in line with the latest Early Years Foundation Stage (EYFS) statutory framework and guidance for early years providers. For nursery and reception meals, sausages will be sliced in half lengthways before serving. Bread-based items such as pizza and paninis will be lightly toasted or baked where possible to ensure an appropriate texture. Fresh fruit and salad vegetables will be served as sticks or batons, and round items like grapes and cherry tomatoes will be halved or quartered depending on their size. These measures help create a safer eating environment for young children. We ask parents/ carers to prepare school packed lunches and snacks for their child in the same way.

Training:

Staff and children receive regular training in what to do if someone is choking and gagging.

Supervision:

Children are closely supervised during mealtimes, snack times, and activities involving small items. Rolling snack is not permitted in EYs.

Ratios are maintained in accordance with guidelines to ensure effective monitoring.

Food Safety:

All food provided is age-appropriate and prepared to reduce choking risks (e.g., cutting grapes lengthwise, removing hard skins, and avoiding whole nuts).

Children are encouraged to sit while eating, and they are discouraged from talking or laughing with food in their mouths.

Where children eat on the yard, children are reminded not to run with food in their mouths, and signposted to any available seating.

Toys and Equipment:

All toys and materials are inspected regularly to ensure they meet safety standards and do not pose a choking hazard.

Small objects are stored out of reach of younger children.

Pupils with Additional Needs:

The needs of any children whose development is not in line with their chronological age are taken into consideration. Individual Health Care Plans may be implemented for these pupils to mitigate the risk of choking and gagging.

Packed Lunches and Snacks

Parents are asked to support the school's healthy eating policy by providing healthy, balanced packed lunches for their children. If further guidance is required, the following food is suggested:

- Vegetable sticks (e.g. carrots, celery and cucumber)
- Bread sticks
- Fruit
- Dried fruit
- Cheese
- Crackers
- Wraps
- Ham
- Chicken
- Tuna
- Salad
- Brown bread/rolls
- Handful of cereal
- Yoghurts
- Fromage frais
- Rice cakes
- Sugar free jelly

As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to stop the food going off. Packed lunch boxes are stored on trolleys.

Only fruit, vegetable or toast snacks are to be brought into school for consumption at break time. Toast is available from school for the cost of £1 per week.

Children in the Early Years and Key Stage 1 receive a free piece of fruit daily. This is supplied by MWW. Additionally, children in the Early Years and Key Stage 1 receive a carton of milk daily. This is supplied by Dairy Crest.

The before school and after school club (the Base) also adhere to this policy.

Dining Room Environment

All school meals and packed lunches are eaten in the school hall. Pupils are encouraged to take their time to eat their dinner and to eat as much of it as is possible. If a child is unable to finish his/her meal, the midday supervisors will encourage the child. They will monitor this and if it continues, the supervisors will tell the child's teacher and the parents will be informed. Children pray collectively before they begin to eat their meal.

Drinks Provision

Pupils are encouraged to bring clearly labelled, plastic water bottles into school each day. They are kept in the classroom so that pupils can have free access to water without needing to leave the classroom. For Health and Safety reasons, pupils are required to take water bottles home each day to be washed and refilled. Free, fresh drinking water is also provided at the water fountain outside the Year 1 area.

Parents are also advised that fruit smoothies and yoghurt drinks can be brought in for consumption as part of a healthy lunch.

Policy on Leaving Premises at Break/Lunch Times

Children do not leave the school premises at break and/or lunch times except when attending an appointment.

Special Events / Religious Celebrations / Fundraising Activities

Chocolates, sweets and cakes brought to celebrate children's birthdays are discouraged. Special events such as Christmas parties and fundraising events are exceptions from the standards. Religious celebrations such as the celebration following a year group's communion service are also exceptions.

School Trips

These food standards apply to all food provided to pupils off premises during the school day up to 6pm, including school trips. The only exception is for food provided on a residential school trip where the provider of the accommodation also provides the food.

Rewards Policy

Confectionary will not be given by any staff as rewards. Please see Relationships and Behaviour Policy for details.

Curriculum

Healthy Eating is explicitly addressed within the Science, PSHE, PE and Design & Technology curriculum. Each curriculum subject will be developing a range of skills and understanding that will contribute towards

these areas. There are also opportunities for cross-curricular coverage of healthy lifestyles. A wide range of teaching approaches and resources are used to deliver the curriculum. Visitors who are able to support the class teachers include Healthy Schools Consultant, Healthy Living Programme team members and other externally sourced companies. All visits are carefully planned into the curriculum to support the work being done; visits do not take the place of teachers' input.

Monitoring and Review

The success of this policy will be monitored by all members of the school community. The policy will be reviewed every three years.