



The Acorn Partnership

Marston Montgomery Primary School

Long Lane C of E Primary School

Food Policy

Policy written – July 2018

Policy reviewed – June 2021

Policy Reviewed – March 2025

To be reviewed – March 2028

Food Policy

INTRODUCTION

The Acorn Partnership is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18-year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

FOOD POLICY AIMS

The main aims of our school food policy are:

- To enable pupils 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.
- To provide easily accessible water to drink throughout the day.
- To increase pupils' knowledge of where food comes from, how it is produced and distributed and its impact on our health and the environment.
- To ensure all food in school meets the ethical and medical needs of all pupils.

EQUAL OPPORTUNITIES

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all. We provide for special diets and packed lunch and free school lunch provision is handled sensitively.

CURRICULUM

Food and nutrition is taught at an appropriate level throughout each key stage. It is taught in PSHE, DT and Science lessons. Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include group discussions and role-play.

When preparing and eating food in class we try to avoid foods containing high levels of sugar and salt.

VISITORS IN THE CLASSROOM

The Acorn Partnership values the contribution made by outside agencies in supporting class teachers. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted

FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

National Nutritional Standards for School Lunches

Our school lunches meet the requirements of the National Nutritional Standards for School Lunches which became compulsory in April 2001. Pupils are encouraged to try new foods. DDC Catering provides our school meals

Snacking

Both schools understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar at break-time. Pupils in the Garden Class (YR, Y1, Y2) are provided with a piece of free fruit every day and pupils in the Meadow Class (Y3, Y4, Y5, Y6) may bring in a piece of fruit or other healthy snack.

Drinking Water

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water.

FOOD AND DRINK BROUGHT INTO SCHOOL

Packed Lunches

The school encourages parents and carers to provide children with packed lunches that are healthy. We do not discuss the contents of their packed lunches with the children.

SPECIAL DIETARY REQUIREMENTS

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with pupils' religious beliefs and cultural practices. For school meals, DDC Catering provide meals in accordance with pupils' religious beliefs and cultural practices.

Vegetarians and Vegans

DCC Catering offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

Food Allergy and Intolerance

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. DCC Catering are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. A letter from the Doctor is required by DCC Catering.

FOOD SAFETY

Appropriate food safety precautions are taken when food is prepared or stored. These vary depending on the food on offer and include: ensuring that adequate storage and washing facilities are available; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements. Classroom staff who support children to prepare food (e.g. in DT, as part of Forest School) complete a Food Hygiene course.

MONITORING AND EVALUATION

This policy will be reviewed every three years.