

**Coppice Primary  
Partnership**

*An Ethic of Excellence*



## **School Food Guidelines Policy**

**Approved: November 2019**

**Next Review: November 2022**

## Food Guidelines Policy

### A. INTRODUCTION

1. The Schools within the Coppice Primary Partnership are dedicated to providing an environment that promotes healthy eating, good food hygiene and an awareness of specific dietary needs. We know that healthy eating is vital for good health and we understand that there is a strong link between a healthy diet and effective learning. We also recognise the importance of food safety and take all possible precautions to safeguard our children at all times.

### B. AIMS

1. To maintain or improve the health of the whole school community through education – increasing knowledge and understanding of what constitutes a balanced diet and how to ensure that food is prepared healthily and safely.
2. To ensure that pupils have access to safe, tasty and nutritious food and water during the school day.
3. To ensure that the food provision reflects the ethical and medical needs of the staff and pupils e.g. catering for the needs of religious groups, vegetarians, people with specific food-related allergies.
4. To encourage staff, pupils and parents to make healthy food choices.

### C. LEADING BY EXAMPLE AND STAFF TRAINING

1. Staff have a key role in influencing pupils' knowledge, skills and attitudes about food and the importance of a healthy diet. Staff who prepare food have attended food hygiene training and hold the appropriate food hygiene certificates.

### D. FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY

#### 1. Breakfast

- 1.1 Breakfast is an important meal and provides essential vitamins and minerals. We operate a Breakfast Club daily for those pupils that require it. This provides a nutritious meal for pupils before the school day. Pupils have a selection of fruit, nut free cereals, bagels, a variety of bread for toast with low fat spread, reduced sugar jam and yogurt to choose from.

#### 2. Snacks

- 2.1 Snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet. The Partnership runs The Governments school fruit and vegetable scheme that entitles all pupils in KS1 to one piece of fruit or vegetable per day, pupils are actively encouraged to take part in this at playtime. Key Stage 2 pupils are also encouraged to bring in fruit or a healthy snack for playtime.
- 2.2 The offer of free milk for pupils up to the age of 5 is provided and to those pupils over the age of 5, milk is offered at a small cost. Water is available throughout the day and all pupils are encouraged to bring in a water bottle for use in the classroom. Staff actively

encourage pupils to drink throughout the day to keep hydrated and bottles go home at the end of every day to be washed and returned.

### 3. Lunch

- 3.1 Food prepared by the catering team meets the National Nutritional Standards for School Lunches. We actively encourage parents to provide healthy well balanced packed lunches for their child and rewards are sometimes given for healthy options being taken.

### 4. Special Dietary Requirements

- 4.1 Parents and Carers are requested to inform the school if their child has any special dietary requirements. The school caterers will provide food in accordance with pupils' religious beliefs and cultural practices. They also offer a vegetarian option at lunch everyday. When necessary they will also provide a vegan option.

### 5. Food Allergy and Intolerance

- 5.1 Staff are fully aware of those pupils with food allergies and these are recorded on the medical register. This documents symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerances and requests for special diets.
- 5.2 We endeavour to be a nut-free organisation and regularly remind staff, children and parents that snacks and lunches brought into the school should be peanut and nut free. Staff will monitor the contents of lunchboxes and snacks to ensure the safety of all pupils.

### 6. Health and Food Safety

- 6.1 It is part of normal procedure that pupils will be reminded to wash their hands after using the toilet and before eating, emphasis will be placed on doing this correctly.
- 6.2 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. We consult our local Environmental Health Department about legal requirements.