

*'So in everything, do to others what you would have them do to you.'*  
Matthew 7:12



## **Whole School Food and Drinks Policy**

### **Values and Ethos**

St Mark's CE Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.

### **Aims**

Why children need to eat well.

- What children eat today shapes how they'll eat for the rest of their lives
- Too many children aren't getting enough of the right foods to eat - and too little of the foods that help keep them healthy
- When children eat better, they do better - they're in better shape to reach their full potential
- Being able to cook is an essential life skill: it all starts with getting children excited about food
- Eating good food is one of life's real pleasures: every child should know how it feels to enjoy a tasty meal with people you love.

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/why-kids-need-to-eatwell/>

This policy covers all food provided and consumed in school and on school trips.

We aim to:

- Increase knowledge and awareness of a healthy diet through our PSHE, Design Technology and Science curriculum.
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discouraging unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day

## **Responsibility**

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness and understanding of how to make healthy food choices:

## **Food in the curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE, Design Technology, PE and enrichment. We ensure that pupils are taught cooking from Reception up to Year 6, in line with the national curriculum, developing their understanding in food related issues including food hygiene and safety issues. All food preparation is healthy.

This policy will contribute towards other policies in the following ways:

**Behaviour:** Children who eat healthily are more focused on their work and behaviour is better

**PSHE:** Healthy food and choices and practical food education is included in the curriculum

**Science:** Healthy eating and nutrition is part of the science curriculum

**Enrichment:** Hands on opportunities for children to prepare and cook food within a mixed age social group

**Equality:** We take account of the needs of all our children, including those with disabilities and allergies

## **Provision of Food and Drink Across the School**

### **Break-Time Snacks**

As part of promoting healthy eating children can bring to school a healthy snack, such as fresh or dried fruit, vegetables, cheese snacks, crackers, cereal bars, toast, bread, breadsticks, bagel, to eat at snack time. We are involved in the School Fruit and Vegetable Scheme and receive free fruit and vegetables. As part of the scheme all Foundation Stage and Key Stage 1 children are encouraged to have a piece of fruit or vegetables each day. This is given during break-times.

Snacks high in sugar, saturated fat and salt, such as chocolate bars, sweets and crisps, are not allowed at break-times.

### **Drinks**

Children are encouraged to drink water at school particularly after PE, active play and hot weather.

Water bottles can be purchased from the Office for all children for use in school. These bottles can be filled at home each day with water or flavoured water (sugar free) and re-filled throughout the day at school with water. We do not permit fizzy or sugary drinks or energy drinks. Children will be reminded to take their bottles home at the end of each week to ensure they are thoroughly cleaned. Water bottles from home should be clear and of 'sports-top' type. The messages about the importance of drinking water are reinforced on a regular basis.

### School Meals

We believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons eg school menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.

All our school meals are provided by Lancashire County Council who act in accordance with the Schools Food Standards. A copy of the weekly menu is on display on the school website and is sent home. The menu is also available from the School Office if required.

School lunch-time menus are agreed between the school and catering staff. Local preferences are considered within the framework of the nutritional standards.

Theme days are linked to curriculum areas or calendar events.

All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion.

All children are offered a choice of school meal, ordered at morning registration. Fresh salad, fruit and bread are always available.

The dining area has a calm and positive atmosphere where children socialise and enjoy the dining experience. Staff monitor food choices and encourage pupils to try new foods, we encourage all parents to take free school meals, where there is an entitlement.

### Packed Lunches

#### Aim

This applies to all pupils and parents providing packed lunches to be consumed within school or on school trips during school hours.

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools which is in line with The School Food Standards. We will monitor the content of packed lunches and involve pupils and staff.

Packed lunches should include some fruit or vegetable eg piece of fruit or fruit juice, dried fruit, cherry tomato, raw carrot, cucumber wedge. Sweets, sugary drinks and chocolate should not be included. Diluted fruit juice in a 'sport-top' type bottle is cheaper and easier to manage than prepared drinks. The school provides a suitable storage area for lunch boxes. All waste and uneaten food is returned in the lunch box so that parents know what has been eaten.

### Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

### Religious and Ethnic groups

The school provides food in accordance with pupil's religious belief and cultural practices.

### Vegetarians and Vegans

The school menu offers a daily vegetarian and vegan option

### Medical

Individual Health Care Plans are created for pupils with special dietary needs/requirements. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details, along with particular food requirements. School caterers are made aware of any food allergies/food intolerances/medical diets and requests for these diets are submitted according to an agreed process.

The school office keep an allergy list up to date and this is shared with all staff members regularly to make sure staff are aware of any religious requirements, allergies or intolerances within their classroom which can be referred to at any time especially when planning the DT Food and Nutrition curriculum. This information can be found in each class registration file.

### Extra-Curricular Activities

The school has numerous extra-curricular activities on offer for all pupils. Some of these activities take place from 3.30 pm until 4.15 pm and pupils are offered a healthy snack such as juice and fruit.

Healthy eating messages are also encouraged through Healthy Eating Cooking Clubs in which healthier options are prepared and sampled by the pupils.

### Treats & Rewards

Sweets and chocolates are not used as rewards. There are times, for example, Christmas, celebration events, special occasions, when these may be given as special treats to the children. These will be kept to a minimum and the children will be encouraged to take them home so that parents can regulate their consumption.

### Curriculum, Teaching & Learning

Key healthy eating messages will be taught within Science, Design Technology and PSHE. They will also be delivered through assemblies and theme days/weeks.

Pupils are given the opportunity to taste, touch, smell and feel a variety of foods.

Opportunities are taken wherever possible to encourage pupils to taste multi-cultural aspects of food through cross curricular subjects including Geography, History and RE and are often linked with school meal theme days.

### Children with Special Needs

Inclusion is seen as fundamental to both the planning and delivery of work relating to healthy eating. The work is matched to the age and maturity of the pupils and due regard is given to children with SEND requirements. School also recognises that some children require specialist diets, to take account of nut and egg allergies, diabetes and Coeliac. The schemes of work are sensitive to this and the teachers will be aware of any pupils within their class who this may apply to. Information is requested from parents on admission and whenever food is sampled within school, a letter is sent home informing them of this.

### Food Hygiene

Children are reminded on a regular basis about the importance of hand-washing before eating. Outside agencies make regular visits to school to talk to pupils about the importance of hand-washing.

Whenever children are to sample or handle food in the classroom, there are a number of rules which should be followed:

- Clean all work surfaces to be used with anti-bacterial spray and a new jay cloth.
- If necessary, cover work surfaces with disposable/plastic tablecloths before starting the task.
- Ensure all utensils have been thoroughly cleaned beforehand.
- Always wash hands using soap before any preparation/sampling tasks.

- Ensure sleeves are 'rolled up' and disposable plastic aprons are worn for all food preparation.
- Keep the group/s manageable and use support assistants where necessary.
- When sampling always let individuals have their own spoon/cup etc.
- Allow plenty of space to work, with all 'classroom items' away from food and utensils.
- Encourage thorough washing up after the task and return utensils to their 'homes'.
- Dispose of finished/unwanted food after the task.
- Remove disposable items and wash down tables etc., thoroughly.

Careful consideration is given to the correct storage of food within school. This includes the storage of packed lunch boxes which are kept in a cool area, away from radiators. Parents are encouraged to send packed lunches in cooler bags. It also includes the correct storage of fruit and vegetables from the School Fruit & Vegetable Scheme. The school follows the guidance set out within this scheme.

The Whole School Food and Drink Policy is monitored by the Headteacher. It will be reviewed regularly with the views of the whole school community taken into consideration including those of the pupils.

A copy of this policy is freely available to parents on request

**Policy will be reviewed September 2025**