

## FOOD AND DRINK POLICY

### **Meadow Field – Wood Field – Oak Field**

Updated	Summer 2020
Approved by Governors	Summer 2020
To be reviewed	Summer 2022

#### Introduction

We are committed to ensuring that all aspects of food and nutrition in school promote the health and well-being of pupils, staff and visitors.

Our aims are:

- To ensure that healthier food and drink is provided, taking into account individual needs (e.g. cultural, ethical and medical).
- To educate children to encourage them to make healthy choices in their diet and lifestyle
- To help children to learn courtesy, good manners and consideration for others.
- To promote an environment and ethos which encourages a healthy lifestyle.
- To provide experiences of food from different cultures, increasing their knowledge of food production, manufacturing and distribution along with the impact of both health and the environment.

The Headteacher will oversee and co-ordinate food issues including physical resources and organisation. Caterlink are responsible for the provision of school meals and meeting the needs of the children with special dietary needs. The Senior Midday Supervisors will assist with responsibilities for school meal supervisors and other related issues at lunchtime.

Some of the school's dining halls are also used for PE and assemblies. The schools have fully equipped kitchens run by Sutton Catering/Caterlink.

#### Key Issues

No nuts of any kind (including **peanut butter** and **any chocolate spread**) are allowed in school in order to minimise the risk to children and adults with allergies.

#### Dinner Hall

Children will be given plenty of time to eat their lunch. This will be achieved by:

- Children entering and leaving the hall in an orderly manner to show respect for those who are eating.
- Children being encouraged to try a variety of foods at lunchtime.
- Children should say please and thank you to catering staff and midday supervisors.
- Children must ask permission from a midday supervisor to leave the table.

- Midday supervisors will monitor and encourage children to eat the lunch provided for them.
- Midday supervisors will report to management any concerns regarding a child's eating.
- Tables are laid with cutlery and water for KS1. Children in KS2 help themselves to cutlery and pour their own water.
- Children may sit with their friends in their class/year group. However, packed lunches and school dinners sit separately.

### **School Meals**

All our school meals are provided by Caterlink who has a healthy food policy as part of their contract. Caterlink information can be found at [www.caterlinkltd.co.uk](http://www.caterlinkltd.co.uk). Caterlink provide freshly prepared meals cooked in our school kitchens. The meals meet the Government's food and nutrient based standards for school meals, ensuring that they are low in fat, salt and sugar and high in nutrition.

Every day the school dinners include a choice of two main meals (one suitable for a vegetarian diet). Jacket potatoes and Halal options are available most days (on days where there is no Halal option, a vegetarian option will be provided). There is always a choice of two vegetables, a salad bar, freshly baked bread (excluding roast dinner days), a pudding of the day or a choice of fresh fruit or organic yogurt. All children are provided with drinking water.

The Caterlink menu changes termly and works on a three week rota. The menu is sent home to parents, is displayed on the school website and in the dining hall.

Parents can choose a combination of packed lunch and school dinners but the pattern must be the same each week and is fixed half termly (i.e. packed lunch Monday and Wednesday and school dinner Tuesday, Thursday and Friday).

If a school meal has been ordered for a child that is subsequently collected early from school the cost of the meal cannot be refunded unless the school office is informed prior to 10am. Similarly, the school office must be informed by 10am of any child that will arrive late to school and require a school dinner to ensure this can be provided.

### **Packed Lunches**

All children are encouraged to bring a healthy packed lunch. No chocolate bars, fizzy or energy drinks or sweets are allowed. No nut products, including peanut butter or chocolate spreads are allowed.

Midday supervisors monitor the contents of lunchboxes. School can provide a leaflet helping with healthy packed lunch choices. If concerns are noted, a meeting may be called with the parents/carers.

### **Free Fruit and Vegetable Scheme**

Children in Key Stage 1 benefit from the free fruit and vegetable scheme. These pupils are encouraged to eat their piece of fruit during the morning. Key Stage 2 children are encouraged to bring in a small piece of fruit to eat at morning break.

### **Water**

Children are encouraged to bring in their own water bottle. Children should only bring still unflavoured water to drink and non-spill sports type caps must be used. Water bottles should be clear and named in order to avoid confusion. Water fountains will be maintained and freely available for children to use during break times and lunch times. Water bottles can be refilled at school.

### **Milk**

Free milk is available for all children until their 5<sup>th</sup> birthday and after this, is available for parents/carers to buy up to the end of Year 6. Cool Milk ([www.coolmilk.com](http://www.coolmilk.com)) provide the school milk. Leaflets are available from school.

### **Special Events**

No sweets or cakes are allowed to be brought in and given out for birthdays or celebrations. It is suggested that children bring in fruit to be shared with the class or perhaps a book for the class.

### **Curriculum**

Through PHSE and Science and Technology lessons children learn that making good food choices is fundamental to a healthy lifestyle.

### **Communication**

The partnership between home and school is critical in shaping how children behave, particularly where health is concerned. Each must reinforce the other. Consultation with parents is actively encouraged through regular surveys, taster sessions, availability of staff at start and end of day. Consultations with pupils is actively encouraged through School Council and PSHCE.