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# Food Policy

Date agreed: .....

Term to be reviewed: .....

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## **1 Responsibilities**

The Governing Body recognizes the important connection between a healthy diet and a student's ability to learn effectively and achieve high standards in schools. The Governing body will ensure that the school meals provider achieves the current nutritional standards for school meals, as set by The Education (Nutritional Standards for School Lunches) (England) Regulations introduced in April 2001.

The Governing Body recognizes that sharing food is a fundamental experience for all people; a primary way to nurture and celebrate our cultural diversity; and an excellent bridge for building friendships and inter-generational bonds.

The Governing Body also recognizes the role a school can play, as part of the larger community, to promote family health, and sustainable food and humane farming practices.

## **2 The Aims and Objectives**

To ensure that all aspects of food and drink in school promote the health and well being of the pupils, staff and visitors to the school. The school will do this by:

- 1) attempting to influence pupils eating habits through increasing their knowledge and awareness of food issues, so that pupils understand that they need to eat the right amount to be a healthy weight
- 2) increasing pupils' knowledge of food production, manufacturing, distribution and marketing practices and their impact on both health and environment, so that they are aware of the nutritional value of food.

- 3) encouraging pupils to bring nourishing snacks and packed lunches to school and give advice on safe, tasty and nutritious food and so that pupils can be encouraged to eat a variety of different foods.
- 4) ensuring access to a safe water supply during the school day.
- 5) ensuring that food eaten during the day reflects ethical and medical requirements of pupils and staff e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- 6) ensuring the provision and consumption of food is a pleasant and safe experience, so that pupils enjoy their food
- 7) ensuring that we introduce and promote practices within the schools to reinforce these aims and to remove or discourage practices that negate them.

### **3 Snacks during the day**

Healthy snacks are welcome for mid-morning break, the options being fruit, vegetables or unpackaged cheese only. Nuts are not permitted for snack or as part of a packed lunch due to potential allergic reactions.

### **4 Drinks during the day**

Children are permitted to sip water in order to remain hydrated and in a good learning state. Research supports the 'water only' policy (see Department of Health July 2005). Flavoured, sugar-free and similar water-based drinks are not permitted as substitutes.

### **5 Drinks at Lunchtime**

Water, milk or fruit juice is provided with every purchased school meal. For children bringing in a packed lunch into school, water, milkshake, juice or squash are permitted (no fizzy).

**The Leadership of the Federation is committed to ensuring that this policy is both accepted and embraced by:**

1. Governors
2. School management
3. Teachers and support staff
4. Pupils
5. Parents
6. Food providers
7. The school's wider community

Signed.....Chair of Governors

Date.....

## **7 Policy Review**

This policy will be reviewed every two years