



# Carfield

## Primary School

Food Policy  
2021-2022

## **Aim of the Policy**

The aim of the policy is to ensure that all food and drinks brought from home, consumed at school or on school trips provides pupils with healthy and nutritious food.

All food served and provided in school is governed by legislation. This includes breakfast clubs, fruit for snack, packed lunches prepared by the school catering staff, lunch time food and after school clubs. It is therefore important to have a comparable policy for food and drink brought from home.

## The policy will

- Make a positive contribution to children's health
- Support the school's Healthy Status
- Encourage a happier and calmer school population
- Contribute to the self evaluation for review by OFSTED
- Promote consistency between food brought from home and food provided by the school

## The policy applies to

- All food brought from home to be consumed in school at lunch time or at other times during the school day including on a school trip.
- All staff eating food brought from home within school or on a school trip in the presence of pupils.

## **The School's Responsibility**

The school will ensure that eating food from home is a sociable experience where staff will provide care. Our policy aims to enhance this by:

- Providing a dining environment that is appropriate, hygienic and attractive with a seat and a place to eat.
- Ensuring fresh drinking water at all times.
- Staff supervising pupils eating food from home and are aware of school policy and hygiene procedures.
- Provision of cutlery for children with motor skill difficulties

## **The School is not responsible for providing:**

- Fridge space, so requests that food from home is in insulated bags with freezer blocks or frozen drinks cartons to keep food cool, appetising and safe where possible.
- Plates, bowls and cutlery so would request that cutlery is included with food from home when required.

## **Special diets and allergies**

- The school recognises that some people may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example, a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for the child's needs.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction or allergies.

## **We would like all Lunch Boxes to include:**

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day
- ✓ At least one portion of vegetables (e.g. carrot sticks, cucumber, celery) should be included each day

- ✓ Meat, fish or other source of protein (e.g. chicken, turkey, beef, tuna, lentils, peanut butter) and dairy food such as milk, cheese, yoghurt etc. should be included each day.
- ✓ A starchy food such as any type of bread, pasta, rice, couscous or other type of cereals (pitta bread, rice cakes, tortilla wraps) should be included each day.
- ✓ Drinks should be water, fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies.

**Aim to avoid:**

- ☒ Snacks such as crisps (allow savoury crackers, breadsticks, seeds)
- ☒ Confectionery such as chocolate bars, chocolate coated biscuits and sweets (allow shortbreads, flapjack and plain biscuits)
- ☒ Fizzy drinks, drinks with added sugar or sweeteners
- ☒ Drinks in glass bottles or ring pull cans
- ☒ The remains of the previous day's take away

Lunch Boxes should not regularly include items that are high in fat or salt. For example: cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies.

**Bringing food into school:**

- Children must not bring crisps, sweets and snacks to eat during breakfast club, play times and lunch times.
- Birthday cakes and food for a celebration can be brought to school for the children to share. It must be bought from a shop wrapped and sealed with listed ingredients. Parties will only provide snacks in moderation.

**Implementing the policy**

- Use all opportunities to promote the policy as part of the school approach to healthy eating. Healthy eating is part of the School Council's agenda.
- Use of a reward system to complement the support of the policy.
- Ensure all staff are able to implement the policy.
- Contact parents and carers if a child regularly brings a lunch box which does not conform to the policy.
- Inform parents and carers about food brought from home that is not eaten by the child.
- Use of notices around Breakfast Bar.

Approved by governors: 13<sup>th</sup> February 2019