



Food and Healthy Eating Policy

Drafted by:	Sophie Steele
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Staff Lead:	Gemma Havord
Governor Lead:	
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Signed chair of Governors:	

Introduction

Grange Community Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make well informed food choices. This will be achieved by the whole school approach

to food provision and food education documented in this policy. The policy was formulated through consultation between members of staff, governors, parents and pupils considering the relevant School Food Standards. This school food policy is co-ordinated by the Headteacher and monitored by the Local Governing Committee.

Aims of this policy

The main aims of our school food policy are:

1. To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
2. To support pupils and parents to make healthier food choices and be better prepared to learn and maintain a healthy diet to improve physical and oral health.
3. To ensure a consistent approach to healthy eating across the school community.

Breakfast Club (Early Birds)

Breakfast is an important meal that should provide 25% of a child's energy requirement and supports pupils to be ready to learn at the start of each day. The school runs a daily breakfast club for pupils from 7.50am – 8.30am.

The breakfast menu includes a choice of:

*Bagels *Toast *Cereal * Milk

On special occasions we may provide a cooked option such as: baked beans or sausages or bacon.

During Breakfast Club, children will also have the opportunity to engage in physical activity.

Lunches

As part of the Orwell Multi Academy Trust (OMAT) we ensure we employ lunchtime contractors who provide menus that fully comply with the School Food Standards. Our current contractor is Lunchtime Co. who hold regular events to share and sample their menu, and how they meet Food Standards. Information is also shared on our school website.

Parents of Key Stage 1 and EYFS pupils, who are all entitled to universal free school meals, are strongly encouraged to take advantage of this offer so pupils have a healthy, balanced meal each day and family incomes are supported.

Key Stage 2 pupils are encouraged to enjoy contractor provided meals. However, parents may wish to provide packed lunches for their children which should be healthy and balanced i.e.:

*Sandwich / pitta bread / pasta or salad bowl /bread sticks

*A piece of fruit or chopped vegetable

*Yoghurt

*A small, sweet item (cake, biscuit, malt loaf) OR small bag of crisps

Pastries, pasties and 'fast food' are strongly discouraged because of their high fat content.

Snacks

Grange subscribes to the School Fruit and Vegetable Scheme. We offer a free piece of fruit or vegetables to pupils in Key Stage 1 and EYFS, at break time. Parents do not need to provide snack for children in these years groups.

All pupils may bring a snack to eat at break time if they do not wish to have a fruit or vegetable snack provided by the school. Parents are encouraged to provide snacks that comply with School Food Standards such as: fruit (including a 'winder'), vegetables (carrot or pepper sticks), bread sticks, yoghurt.

Bags of crisps, chocolate bars, sweets, cake, chocolate biscuits, soft drinks (including squash) are not acceptable because of the impact on physical and oral health.

Grange does not provide a tuck shop or vending machine.

Drinks

Drinking water is provided free of charge throughout the school day. Children are encouraged to bring their own water bottles to school which can be refilled and accessed in class as agreed by the class teacher.

Grange subscribes to the National School Milk Subsidy Scheme and provides lower fat milk, free of charge, to all pupils, at lunch time. Reception class are also offered milk as part of their morning snack.

Celebrations

Rewards such as star of the week or end of term celebrations are exempt from School Food Standard regulations, however teachers are mindful of the items provided on such occasions.

Food provided for religious or cultural celebrations are also exempt from School Food Standard regulations. This would include, for example, Christmas, Diwali or Chinese New Year parties.

On occasion, parents may wish to celebrate their child's birthday by providing food for their child's friends. Although this is occasional, and exempt from School Food Standards, we urge parents to provide healthier options such as rice cakes topped with chocolate or bread sticks because of the number of birthdays celebrated in a class across the school year.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage in science, PSHE and Design Technology (cooking and nutrition). Across the school, we provide opportunities for pupils to develop knowledge and understanding of food (including from other cultures), healthy-eating patterns and practical skills that are needed to understand where food comes from and why we eat. There are also opportunities to prepare and cook food within the curriculum and as part of enrichment (such as ELSA). These activities are exempt from School Food Standards.

Growing Food

We seek to offer practical, hands-on food education alongside our taught curriculum such as growing and farm visits. We will achieve this by:

- Giving pupils and the wider community the opportunity to learn about growing and farming of food and its impact on the environment.
- Encouraging pupils to eat and cook with vegetables that they have grown at home or within school.
- Creating opportunities for pupils to get to know local producers and food business.

Working with Other Agencies

MySmile NHS project and accreditation. In our Reception (EYFS) class, we engage in this two year programme to improve oral health and reduce tooth decay.

Whenever possible, we take the opportunity to work with partner agencies to provide cooking and healthy eating workshops for parents and children.

Allergies and Dietary Requirements

Schools have a duty to support pupils at their school with medical conditions such as allergies.

We make sure that we support pupils with any medical conditions in school. This includes ensuring that a child with an allergy is able to eat a school lunch.

Our school caterers show the allergen ingredients' information for the food they serve as part of their menus and full details are available on request. This makes it easier for us to identify the food that pupils with allergies can and cannot eat. We keep a record of pupils who have food allergies on our MIS and keep this under review with our contractors and when providing food in school.

We ensure that lunch can be provided for all dietary needs and cultural and religious practices.

Food Safety

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 refrigerators are used when necessary; that food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled.

Expectations

Adults are role models

We recognise that children's attitude to food and eating healthily will be heavily influenced by their peers and the adults with whom they share most of their school day. Staff and visitors will be expected to model appropriate food and drink choices, as outlined in this policy, when in the company of pupils.

Families

The school expects pupils and parents to comply with and support this policy so we can, together, ensure children eat healthily and enjoy good oral health.

Monitoring and Review

The Local Governing Committee will monitor this policy and review every two years.

Associated Policies and Regulations

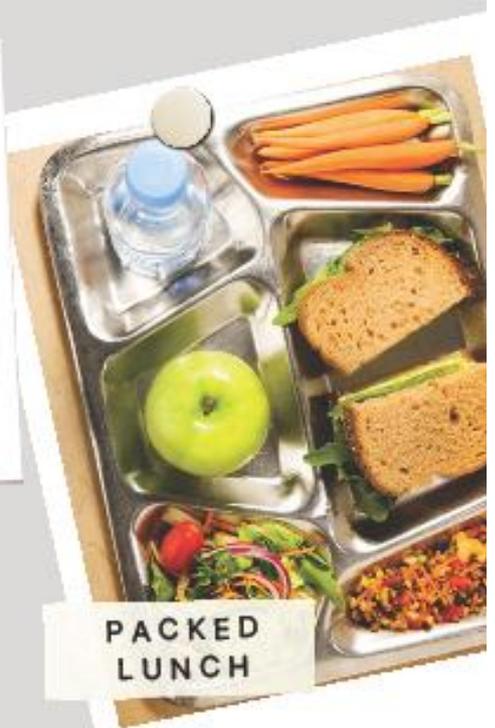
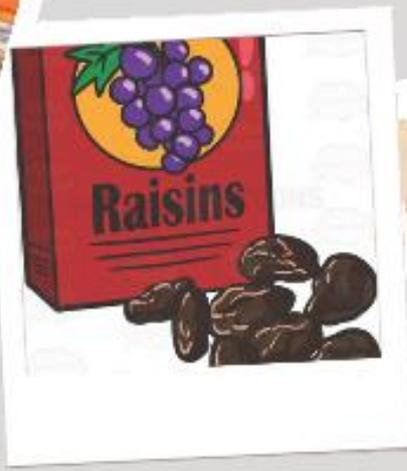
School Food Regulations 2014

Allergy Guidance for Schools 2023

Appendix 1 – Examples of appropriate lunches, snacks and drinks



FRUIT BOX



PACKED LUNCH



Lunch Snacks Drinks



PACKED LUNCH



SMALL PACKET OF CRISPS



FRUIT WINDERS