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Lanesend Primary School

Community Food Policy 2022

Signed: **Date:**
(Headteacher)

Signed: **Date:**
(Chair of Trustees)

Review Date: January 2027 (Every 5 Years)
Reviewed By: Physical Development and Wellbeing
Leads

Lanesend Primary School Community Food Policy

Lanesend Primary School is dedicated to promoting healthy eating and enabling children, families, staff and the community to make informed choices about the food they eat and the life choice they follow. The learning and activities we will all engage in will involve food and the environment as central to life ensuring all learning is consistent and the quality is always of a high standard.

This policy was formulated through consultation with members of staff, governors, families, children, the school nurse and the SNAG group (School Nutritional Action Group).

AIMS

- To enable all children to make healthy food choices for the provision of information and development of appropriate skills and activities.
- To provide healthy food choices throughout the school day.

These aims will be addressed through Food Leadership

The members of the partnership and the schools Healthy Food Coordinator will promote family health, sustainable food and farming practices.

Ensure the whole school community:

- Teachers, caterers, the school nurse and families have a key role to influencing children's knowledge and skills and attitudes about food, so it is important that they are familiar with healthy eating guidelines
- This school values the contribution made by the school nurse in supporting class teachers and appreciates the valuable contribution of outside agencies. We believe it is the responsibility made by visitors to the classroom reflect our own philosophy and approach the subject. The status of visitors to the school is always checked, ensuring that the content of visitors' talk is suitable for all ages of the children. The school's code of practice for visiting speakers is adopted.
- Resources for the teaching of healthy eating in PSHE have been selected to complement the delivery of the curriculum on other subject areas, i.e Science
- Recognise the importance of maximising the uptake of school meals, including universal free school meals and free school meals.
- Recognise the need to encourage and support the provision of healthy packed lunches and snacks.
- To ensure key staff and teachers have the necessary skills to educate the whole school on food and nutrition topics.

FOOD CULTURE

- Children in Reception and Key Stage 1 will benefit from the free fruit and vegetables scheme and will be encouraged to eat their piece of fruit
- Key Stage 2 children are encouraged to bring a variety of fruit, vegetables or snack to eat at break time and make contributions to the fruit bowl

- Water will be available through children's school water bottles, unlimited refills available from the water machine in the Squirrel's Den and Year 6 corridor

The contents of children's lunchboxes will be observed regularly and families will be informed if their child is not eating well.

The children will be encouraged to develop good eating skills and table manners at lunchtime and will be given plenty of time to eat. This will be achieved by:

- Sitting freely with their friends, or being allocated places at different times of the year
- Packed lunches and school meals sitting together
- Being encouraged to try a variety of different foods at lunchtime to develop a balanced diet
- Entering and leaving the dining hall or classroom in an orderly way, to show respect for those who are eating
- Engage in quiet lunch time conversation
- Proper plates
- To stay seated for the lunch time period enjoying the pleasure of eating
- Saying please and thank you to the Lunch Ladies
- Families of children who are on special diets for medical or religious reasons are asked to provide as much information as possible about suitable foods and have a letter provided by a medical professional regarding allergies
- Packed lunches will be removed from the boxes and the boxes placed on the floor.

FOOD EDUCATION

Food and nutrition is taught at an appropriate level through each key stage. Effective teaching requires children to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play. These decisions are made at teachers' planning meetings. To provide opportunities for children to learn about seasonal and sustainable food.

School Lunches

- To ensure children, staff and visitors receive tasty, nutritious, affordable and safe food during the school day
- To ensure all catering staff are involved and consulted on issues relating to food within the whole school and ensure continuous professional development opportunities
- To provide consistent quality and seasonal food throughout the school day which meets the Government's minimum standards
- To seek to achieve the FFLP targets of 75% fresh, 50% local and 30% organic

National Nutritional Standards for School Lunches

National Nutritional Standards for school lunches became compulsory in April 2001. The government announced new standards for school food. These are in three

parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after school meals; and tuck, vending, mid-morning breaks and after school clubs.

Food prepared by the school catering team meets the National Guidelines and will in the future be analysed against the national standards through Chartwells.

Farm Link

The school will encourage a Farm Link to help in the community experience of food, where it comes from and how it gets to the plate.

Breakfast

Breakfast is an important meal that should provide 25% of a child's energy requirement and should contribute significantly to their vitamin and mineral requirements. Breakfast will be provided if we are aware a child has not had one.

Special Dietary Requirements

Special Diets for Religious and Ethnic Groups

The school provides food in accordance with children's religious beliefs and cultural practices.

Vegetarians and Vegans

School caterers offer a vegetarian option at lunch every day. When necessary the school can also provide a vegan option.

Food Allergy and Intolerance

Individual care plans are created for children with food allergies. These documents should include symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. All staff are made aware of any food allergies / food intolerance and requests for special diets are submitted according to an agreed process by Chartwells.

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 food handlers undergo appropriate food hygiene training; and that suitable equipment and protective clothing are available. Any food safety hazards are identified and controlled. We consult our local Environmental Health Department about legal requirements.

MONITORING AND EVALUATION

Children' Learning

The healthy eating aspects of the National Curriculum are assessed through Teacher Assessment. Other aspects of healthy eating work are evaluated through activities, which are being built into the programme, as part of the planning process.