



Christleton Primary School
Be the best you can be

**Food
Policy**

Date of Policy	February 2017
Policy Reviewed	
Next Review	February 2020
Signed Head teacher	
Signed Chair of Governors	

Christleton Primary School

Food Policy

Introduction

This policy acknowledges the importance of food in our lives and recognises the link between healthy eating, a healthy lifestyle and effective learning.

Aims

Through this food policy we endeavour to:

- Maintain or improve the health of the whole school community through education and ensure that food is prepared healthily and safely
- Ensure that children are well nourished at school
- Allow all children and staff access to safe, tasty and nutritious food during morning break and lunch and access to clean water throughout the day
- Increase children's knowledge of where food comes from including production, manufacturing, distribution, marketing and fair trade and how this impacts on their lives
- Ensure that food provision in school reflects the ethical and medical needs of staff and pupils

Delivery

These aims will largely be delivered through science, DT, PSHE, extra-curricular activities and through shared eating activities including healthy eating displays. It can also be linked to other curriculum areas including observational drawing of fruit in art, writing recipes in literacy, weights, measures and money in numeracy, how people used to eat in history and the importance of food for religious observance in RE.

Shared Eating

Healthy morning break-time snacks are promoted in both key stage one and two. Some children bring their own but year 6 pupils purchase a snack from the school canteen including toast, bagels and fruit options. All children in key stage one are offered a funded healthy snack (fruit or vegetable). Foundation stage children have access to healthy snack throughout the day.

Lunch time is seen as a sociable occasion during which the children sit down together and enjoy their meal. We continue to work with our school cook and our school meal providers to improve the quality and uptake of school meals. Children select from the menu at registration time and then collect their choice at lunch time. The menu runs on a three week rolling programme and is available to view on the school website. We also have regular themed days. Children may also opt to have pack lunches from home. We continue to emphasise the importance of a healthy lunch by promoting good practice. At Christleton Primary School we recommend that all packed lunches are in insulated containers.

We discuss with the parent / guardian if a child has not eaten the majority of his/her lunch.

Access to water

All children, visitors and staff at Christleton Primary School are encouraged access to water during lessons. However to cause minimum disruption we request that all children have their own labelled water bottle which they fill for the day and then keep in the classroom. This should also be taken home at the end of the day to be thoroughly washed. There are filtered water coolers to refill bottles in the key stage one and entrance hall. At no stage should children drink directly from the water cooler. Water consumption is promoted throughout and especially after PE or break times.

Health and Safety Points

- All children are sent to wash their hands before going to the dining room for lunch and are reminded to wash their hands after using the toilet.
- Food will be stored in appropriate places and parents are encouraged to use insulated containers for packed lunches
- All catering staff hold required food hygiene certificates and attend regular courses
- All staff and parents involved with the preparation of food are aware of food safety and hygiene issues