



# Food Policy

## Costock C of E Primary

**Every Child's a Star!**

**'As God's children, we shine like Stars' Philippians 2 v.15**

### **Our Promise**

**Every day at Costock Church School we are experiencing and learning;**

**Service to God, each other and ourselves, Truth, Agape and Respect**

**As we leave each day we take these Christian Values with us**

**Approved by:** C&P **Date:** 4th March 2023

**Last reviewed on:** Spring 2023

**Next review due by:** Spring 2026

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### 1. Purpose

At Costock C of E Primary we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They become mandatory in all maintained schools, and new academies and free schools from January 2015. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks, lunches and after school clubs. For more information please refer to: <http://www.schoolfoodplan.com>

### 2. Aims

The aims of this policy are:

- To provide an environment which promotes healthy eating
- To enable pupils and staff to make healthy food choices through the provision of information and development of appropriate skills and attitudes
- To provide healthy food choices throughout the school day
- To encourage a positive and balanced relationship with food

### 3. Lunchtime Provision

Food and sharing food are an important part of what we do as a school. In school we use a type of meal service called Family Service. Family Service ensures that the children sit together at the same time and share the same meal. We believe eating is more than just 'refuelling' but should be an informal social situation where children work together, share responsibilities, and make new friends across the school.

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### **3.1 School Meals**

Our school meals are prepared and cooked freshly on site every day by the Nottinghamshire County Council Schools Catering Team. Our school meals are healthy and nutritious, a great way to keep your child fit and strong. The meals are packed with fresh and tasty ingredients, meeting high standards for healthy eating, including many strictly regulated food assurance schemes. The meals fully comply with school food healthy eating standards on nutrition and portion size, and every meal is served with vegetables and/or salad as standard.

We can cater for vegetarians, vegans, special diets and allergies. Many of our ingredients are locally sourced - approximately 75% of the food on your child's plate - which cuts down on our food miles, reducing the carbon footprint per meal. Our food is also free from palm oil.

Packed lunches provided for school trips as part of our Free School Meal provision also comply with National Food Standards.

Further information can be found by visiting the Nottinghamshire County Council website

<https://www.nottinghamshire.gov.uk/education/school-meals> and the current cycle of menus can be found on the school website.

### **3.2 Packed lunches**

If you would like to provide your child with a packed lunch then we encourage parents and carers to provide a healthy lunch in line with the standards outlined above. We do not allow confectionery such as chocolate bars and sweets, fizzy drinks nor any products containing nuts - including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy. Cakes and biscuits are allowed but please encourage your child to eat these only as part of a balanced meal. No food items from packed lunches are thrown away to ensure that parents and carers know which items are being eaten. Parents and children are encouraged to avoid over-packaged items when making up lunch boxes and to re-use containers and re-fill drinks bottles.

## **4. Breakfast and After-School Club**

We offer a term-time breakfast club and after-school club Monday- Friday. Children have the option to have a healthy breakfast complying with the food standards which includes a choice of cereal, toast and apple/orange juice or water. At after-school club children are offered a piece of fruit, a plain biscuit and a drink of squash or water. Pupils are not permitted to bring their own breakfast or after-school snacks to eat at these times.

## **5. Drinking water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, every day and free of charge. The school agrees with this and drinking water is available to all pupils. Pupils are encouraged to bring in their own water bottle to drink from during the day. This should be filled with water; juice or squash is not permitted. Pupils are encouraged to drink regularly throughout the day.

## **6. Other food and drink brought into school**

### **6.1. Break time snacks**

The school understands that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. All Reception and Key Stage 1 children are provided with daily piece of fruit or vegetables as part the Government School Fruit & Vegetable Scheme. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.). We do not permit chocolate bars, sweets, crisps or nuts as snacks. Food waste

such as apple cores, banana or orange skins etc. are placed on a compost heap which is then used in the school garden.

## **6.2. Rewards and celebrations**

Our school does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic achievements. Other methods of positive reinforcement are used in school.

The National School Food Standards do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events. However consideration is given to the food, drink and prizes supplied at school events and healthy options are also provided where possible.

If parents and carers wish to mark a child's birthday by sharing sweets or baked items with their child's classmates, these must be given to the class teacher at the beginning of the day to be handed out by the birthday child under the supervision of the class teacher at the end of the day. Children are instructed not to eat their item until their parent or carer gives them permission to do so; this must not be on school premises. This also applies to any snacks that parents bring for their children at the end of the school day.

## **7. Equal opportunities and special dietary requirements**

We aim to ensure all pupils have access to healthy school dinners and other food in school regardless of any special requirements. We aim to cater for vegetarian and vegan diets, and special diets due to allergies, religious or ethical beliefs. If your child's diet does not suit our menus due to any of the above please let us know so we can make alternative arrangements. You will need to contact the school office where you will be asked to complete a form and can then work with the school chef to come up with a suitable menu. Any allergies and intolerances must be accompanied and supported by medical documentation from the child's GP or other medical professional.

## **8. 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.

## **9. The food and eating environment**

Our School Council is regularly involved in discussions to assess the views of pupils and teachers about the eating environment with the school and where practical. Suggestions for improving the environment are implemented. The following are our current rules which aim to make lunchtimes a pleasant place to eat.

- › Eat at least half your lunch before eating your pudding
- › Talk quietly to your friends
- › Be polite, remember to say please and thank you
- › Don't speak with your mouth full
- › Try not to drop food on the floor