



## **Food Policy**

Policy written – July 2018

Policy reviewed – June 2021

To be reviewed – June 2024

## **Food Policy**

### **INTRODUCTION**

The Acorn Federation is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition documented in this food policy.

The nutritional principles of this policy are based on the findings of the National Diet and Nutrition Survey of 4 to 18 year olds; the 1991 Dietary Reference Values for Food Energy and Nutrients for the UK; and the Balance of Good Health (BOGH) (Appendix 1).

### **FOOD POLICY AIMS**

The main aims of our school food policy are:

- To enable pupils 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 provide easily accessible water to drink throughout the day.
- To increase pupils' knowledge of where food comes from, how it is produced and distributed and its impact on our health and the environment.
- To ensure all food in school meets the ethical and medical needs of all pupils.

### **EQUAL OPPORTUNITIES**

In healthy eating, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all. We provide for special diets and packed lunch and free school lunch provision is handled sensitively.

### **CURRICULUM**

Food and nutrition is taught at an appropriate level throughout each key stage. It is taught in PSHE, Geography and Science lessons. Effective teaching requires pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted in the classroom offer a rich variety of opportunities for participatory learning and include debating issues, group discussions and role-play.

When preparing and eating food in class we try to avoid foods containing high levels of sugar and salt.

### **Visitors in the classroom**

The Acorn Federation values the contribution made by outside agencies in supporting class teachers. We believe it is the responsibility of the school to ensure that the contributions made by visitors to the classroom reflect our own philosophy and approach to the subject. The status of visitors to the school is always checked ensuring that the content of the visitor's talk is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted

### **FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

#### **National Nutritional Standards for School Lunches**

Our school lunches meet the requirements of the National Nutritional Standards for School Lunches which became compulsory in April 2001. Pupils are encouraged to try new foods.

## **Tuck Shop**

At MMPS the older pupils run a Tuck Shop on a Monday and Friday. A range of cereal bars are available for the pupils to purchase. This is currently not happening due to the restrictions surrounding COVID-19.

## **Snacking**

Both schools understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. The school discourages the consumption of snacks high in fat and sugar at break-time. Pupils in the Garden Class (YR, Y1, Y2) are provided with a piece of free fruit every day and pupils in the Meadow Class (Y3, Y4, Y5, Y6) may bring in a piece of fruit or other healthy snack.

## **Drinking Water**

The National Nutritional Standards for Healthy School Lunches recommend that drinking water should be available to all pupils, everyday, and free of charge. The school agrees with this recommendation and provides a free supply of drinking water.

## **FOOD AND DRINK BROUGHT INTO SCHOOL**

### **Packed Lunches**

The school encourages parents and carers to provide children with packed lunches that are healthy. We do not discuss the contents of their packed lunches with the children.

## **SPECIAL DIETARY REQUIREMENTS**

### **Special Diets for Religious and Ethnic Groups**

The school provides food in accordance with pupils' religious beliefs and cultural practices

### **Vegetarians and Vegans**

School caterers offer a vegetarian option at lunch everyday. When necessary the school also provides a vegan option.

### **Food Allergy and Intolerance**

Individual care plans are created for pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. A letter from the Doctor is required by the school caterer.

## **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**

This policy will be reviewed every three years.