



## Food Policy

This policy represents the agreed principles for food within Shepherd Primary School. This policy has been agreed by governors and teachers within the school and the Headteacher.

### **School aims**

Our school community (children, staff, parents and governors) aims to:

- Learn and grow together within a safe, caring and happy environment;
- Continually encourage achievement in all aspects of school life;
- Motivate all children with a broad and challenging curriculum;
- Treat everyone with honesty and respect;
- Ensure opportunities for all.

Shepherd Primary School is committed to ensuring that the children in our care grow into healthy adults, this being the first of the five principal requirements of the Children Act 2004 ('Every Child Matters'), i.e. that they:

- be healthy;
- stay safe;
- enjoy and achieve;
- make a positive contribution;
- achieve economic well-being.

### **The School's Commitment to Healthy Living**

Shepherd Primary School does its utmost to teach children the key points about living a healthy life, including the importance of eating healthy food. The school works within the guidelines and statutory requirements set by the National Healthy School Standard. As an accredited Healthy school, this Food Policy contributes to a school environment in which children can thrive. It is only through a whole-school approach that the key messages about food and drink can be effectively conveyed.

This policy ensures all aspects of food and nutrition in school promote the health and wellbeing of pupils, staff and visitors to the school.

The school will:

- work with Hertfordshire Catering Ltd to ensure healthy food is available at lunch time;
- promote healthy eating through the new 2014 Curriculum;
- promote healthy food and drink options through displays, posters, themed events and through the Cookery after school club;
- involve pupils in decision making regarding healthy food and drink options through pupil voice;
- provide healthy food options in the school snack shop at break times;
- provide every child in the Early Years and Key Stage 1 with fresh fruit and vegetables every day;
- promote the drinking of water in the school (see Water Policy);

### **School Dinners**

Hertfordshire Catering provide well balanced school dinners. They provide at least one vegetarian option each day, always serve vegetables and fruit, and all lunches have a balanced nutritional value.

### **Allergies/Dietary requirements**

Information provided to schools from Hertfordshire County Council (January 2018) states that:

- it is the responsibility of parents to provide accurate information relating to any allergies/special diets (backed up by medical evidence where applicable) that their child may have/require;
- we as a school will need to pass on information relating to allergies/special dietary requirements to Hertfordshire Catering Ltd, so that a school dinner can be provided taking into account the medical and other needs of the child;
- that Hertfordshire Catering Ltd will place reliance on the information provided by the parent/school and ensure that the meals provided meet those requirements. It is therefore essential that information provided by parents is accurate and up to date.

### **Packed Lunches**

The parents of children who bring packed lunches are made aware of our healthy-school policy and advised to **include** the following:

- At least one portion of fruit or vegetables every day;

- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day;
- Dairy food such as milk, cheese, yoghurt, fromage-frais or custard every day;
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Parents are also advised;

- To avoid snacks such as crisps;
- Instead, include: seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice;
- To avoid confectionery such as chocolate bars, chocolate-coated biscuits and sweets;
- Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal;
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally;
- To avoid nuts and nut products such as peanut butter as we are a 'nut free school'.

### **School Nutrition Action Group (SNAG)**

Each year, representatives from Y1-Y6 work together as part of our SNAG group. The SNAG group:

- work with the Cook Manager and Hertfordshire Catering to improve the quality and choice of school lunch meals;
- inform parents and children about Healthy Eating;
- work with Hertfordshire Catering to create special themed lunch days;
- work alongside staff to obtain the Hertfordshire Healthy Schools Award.

### **Role of parents**

The school works closely with parents to ensure the messages about food and drink given in school are reinforced and supported at home. Parents are expected to respect our Food Policy and support it through the food provided in packed lunches.