



FOOD POLICY

Our food policy supports this vision for the school:

Checkendon Primary School is a dynamic Church of England school in which our Anglican Christian values of respect, courage, integrity, compassion and hope are at the heart of everything we do. We give every pupil the opportunity to develop their particular capabilities in our stimulating and caring environment where creative teaching and an inspiring curriculum lead to high-quality learning and outstanding achievement. We work in partnership with parents and the wider community to help every pupil make excellent progress, develop a lifelong love of learning and broaden their sense of citizenship, as they grow in mind, body and spirit.

The school is dedicated to providing an environment that promotes healthy eating and enabling 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 school food policy.

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.

These aims will be addressed through the following areas:

- 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
- Food and nutrition is taught at an appropriate level throughout the school
- By providing appropriate food and drink throughout the school day.

SCHOOL MEALS

School meals, both hot and packed lunch options are provided by Aspens Catering. Food prepared by the school caterers meets the National Nutritional Standards for School Lunches. Free school meals are provided for children in Reception and Key Stage 1.

PACKED LUNCHES

The school encourages parents and carers to provide children with a healthy and nutritious packed lunch, and children are encouraged to eat a variety of the lunch provided.

SCHOOL 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. The school discourages the consumption of snacks high in fat and sugar at break-time. Children in Reception and Key Stage 1 are given fruit as a healthy mid-morning snack.

USE OF FOOD AS A REWARD

The 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 or other achievements. Other methods of positive reinforcement are used in school.

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 recommendation and provides a free supply of drinking water.

MILK

Free school milk is available to all pupils under the age of 5 and can be purchased for all other pupils who would like a small bottle of milk during morning break time.

SPECIAL DIETARY REQUIREMENTS

School caterers offer a vegetarian option at lunch every day.

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.

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.

Adopted: May 2019

Next Review: May 2020

Signed: _____
Headteacher

Signed: _____
Chair of Governors