

# Sutton on the Forest CE Primary School

## Food Policy

### Purpose of the Policy

The Food Policy at Sutton on the Forest CE Primary School aims to ensure that all pupils have access to healthy, nutritious meals and snacks while promoting positive attitudes towards food and healthy eating. This policy aligns with our vision of "Small school, big heart, aiming higher together," and supports our values of respect, compassion, friendship, and perseverance.

### Legal Framework

This policy adheres to the latest UK government legislation regarding food in schools, including:

- The School Food Standards (Department for Education)
- The Children Act 1989 and 2004
- The Healthy Schools Programme

### Roles and Responsibilities

#### School Leadership

- Ensure the implementation of the Food Policy and compliance with relevant legislation.
- Monitor and review the effectiveness of the policy regularly.

#### Staff

- Promote healthy eating habits among pupils.
- Provide training on food safety and hygiene.
- Facilitate food-related educational activities.

#### Pupils

- Participate in discussions about food choices and healthy eating.
- Make informed choices regarding their meals and snacks.

#### Parents and Guardians

- Support healthy eating habits at home.
- Engage in school initiatives related to food and nutrition.

#### Wider Community

- Collaborate with local food providers and health professionals to promote healthy eating.

### Implementation Strategies

#### Healthy School Meals

- Provide a balanced menu that meets the School Food Standards. We use NYES caterers who provide healthy, nutritious meals. There is an offer of a variety of fruits and vegetables daily and meals are prepared with minimal salt, sugar, and saturated fats.

### **Healthy Packed Lunches**

- Encourage pupils to bring healthy packed lunches from home.
- Monitor packed lunches to ensure they meet healthy eating guidelines.
- Provide parents and carers with information about healthy packed lunches through the North Yorkshire information leaflet, which will be sent home and made available on the school website.
- Promote awareness of healthy choices, including suggestions for nutritious snacks and meals.

### **Break Time Snacks**

- We encourage healthy snacks such as fruits, vegetables, and whole grains, both those brought from home and those provided by the school.
- Children in Key Stage One benefit from the National School Fruit and Vegetable Scheme, which entitles them to one free piece of fruit or vegetable each day.
- We prohibit sugary snacks and drinks during school hours to support healthier choices.

### **Drinks**

Health benefits of drinking water are widely acknowledged. In line with the School Food Standards, the whole school community should have access to free fresh drinking water throughout the school day. Any other drinks provided at lunchtime or throughout the school day should be in line with the School Food Standards.

- We encourage pupils to drink water frequently.
- We ensure that drinks that are unsafe for teeth are not consumed between meals.
- We ensure pupils always have access to fresh water including a water cooler in a central part of school.

### **Education and Awareness**

- Integrate food education into the curriculum, focusing on nutrition, food preparation, and sustainability. We use Kapow Primary to deliver Design Technology and there is a 'Cooking and Nutrition' unit completed each year.
- We reinforce healthy eating messages with parents to support a whole-school approach throughout communications on our weekly newsletter, letters home, children's work in school.

### **Review Mechanisms**

The Food Policy will be reviewed annually to ensure its effectiveness and relevance. Feedback will be gathered from pupils, staff, and parents to inform any necessary changes.

As part of the focus on health and wellbeing of pupils and staff, the governing body is given feedback on food and nutrition in school.

## **Related Procedures**

### **Food Safety and Hygiene**

- All staff involved in food preparation must adhere to food safety and hygiene regulations.
- Staff working in EYFS and Wraparound Care have completed Level 2 Food Hygiene.
- Regular training sessions will be conducted to ensure compliance.

### **Allergy Management**

- We maintain a register of pupils with food allergies and dietary restrictions and this information is shared with the School Cook and Kitchen Assistant.
- We ensure that all food provided is safe for consumption by all pupils.

## **Conclusion**

This Food Policy is designed to promote a culture of healthy eating at Sutton on the Forest CE Primary School, supporting the well-being and development of all pupils. By adhering to this policy, we aim to foster a positive relationship with food that encourages lifelong healthy habits.