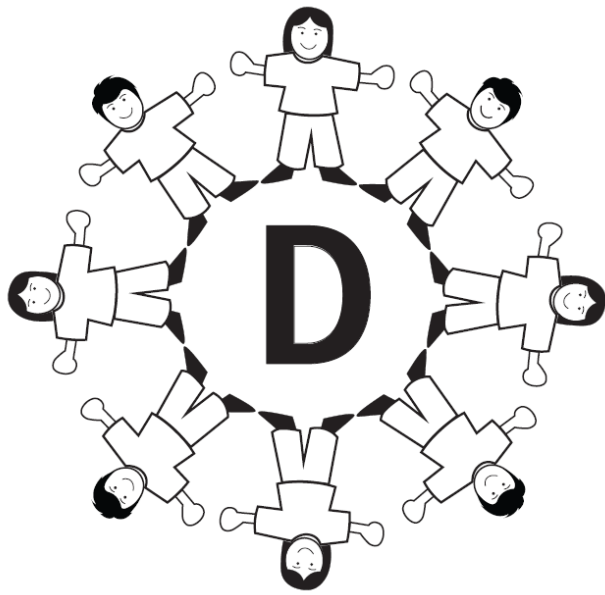


# Dalestorth Primary and Nursery School



**Food Policy**  
**January 2025**

## The overall aim of this Policy

Our aim is to enable children and young people to make healthy food choices. We will educate children to understand what a healthy diet is and help them to adopt the appropriate attitudes to make these choices. We also would like children to bring in packed lunches from home containing healthy and nutritious foods. Children receiving school dinners will receive healthy food regulated by national standards. We recognise individual needs and strive to provide equal opportunities and provision for all.

## Our School

At Dalestorth Primary, we recognise that children come from diverse home backgrounds, cultures, religious, ethnic and faith groups. Our school aims to meet the needs of all children and ensure equality of provision. We understand that some children are 'picky' eaters and that it is sometimes a huge breakthrough if your child eats anything at all. We would want parents to let us know if this is the case so that we can deal with these children with sensitivity with encouragement and positive praise for what they have eaten. We will provide a safe, healthy and appealing eating environment for pupils eating lunches, and ensure fresh drinking water is available. We will encourage all pupils to eat as much of their morning snack or lunch as possible. Parents are advised to send in packed lunches in a lunchbox or food that does not require refrigeration.

## We are a nut free school.

**No Nuts or nut products (e.g peanut butter) – school has a no nuts policy as we have children and staff with nut allergies.**

## School Meals

Every child in reception, year 1 and year 2 in state-funded schools has been entitled to a free school lunch. Food prepared by the school catering team meets the new food-based standards for school lunches. Suggestions for menu changes or meal improvements are made by the School Council and Head Teacher. The school cook is excellent at catering for children's needs and adapting menus. Every term we hold a Dalestorth favourite meal day whereby the children vote for their favourite current meal. We also have special themed meals to fit in with a variety of celebrations. All school catering meals meet the National Food Standards. We encourage every child where possible to stay for a hot school meal.

## Packed lunches

The school encourages parents and carers to provide their children with packed lunches that are healthy and nutritious using the principles of the Eatwell Plate (see below). Parents and pupils are encouraged to avoid over-packaged items when making up lunch boxes.

## The Eatwell plate

<http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

We recommend lunchboxes should include:

- A starchy food such as bread, pasta, rice. Sandwiches – these can be made from different types of bread types, rolls, wraps, pitta breads, bagels. Starchy carbohydrates provide energy.
- Lean meat such as chicken, turkey, ham fish such as tuna, salmon, or eggs. There are also lots of meat alternatives you could try such as quorn, tofu or tempeh and you could include dishes containing pulses or beans, for example dahl, houmous or bean salad. These foods provide the body with protein and minerals needed for growth. Meat products such as sausage rolls, sausages, pies and fried food should not be included more than once a fortnight.

- Butter, margarine, mayonnaise or salad dressings should be used sparingly as these can be high in fat or use low fat alternatives.
- Dairy food such as cheese, yogurt or fromage frais, tzatziki, yoghurt drink, low fat rice pudding. These foods provide calcium necessary for strong bones and teeth as well as providing vitamins and minerals. Lower fat versions are healthier.
- At least one portion of fruit or vegetable. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy. Ways of including them could be: adding lettuce, tomato or onion to a sandwich, a vegetable dish such as salad or roast vegetables, fresh fruit pieces such as apple, banana, pear or melon. Dried fruit such as raisins or apricots. Fruit salad (fresh or tinned) finger food such as carrot, cucumber or celery – great with a dip such as houmous. Use fresh fruit and vegetables that are in season to help the environment and enjoy variety!
- Snacks and confectionery – Snack foods may be included such as a biscuit or a small cake but aim to include healthy choices. Snack foods tend to be high in fat sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth and foods high in salt can increase blood pressure which can lead to heart disease and some cancers. Replace sweets and chocolate with fruit and crisps with baked crisps, bread sticks, crackers or plain popcorn.
- No nuts or nut products (e.g peanut butter) – school has a no nuts policy as we have children who are allergic to these.
- Drinks should be water, milk, juice or fruit smoothie. No fizzy drinks.

**Packed lunches should avoid:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies should only be included occasionally.
- Crisps
- Sandwiches with fillings such as jam and chocolate spread

**Other Practical Tips**

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have prepared themselves.
- Always wash your hands before preparing food, wash fruits and vegetables and put food in clean containers.
- To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. /if using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or re-usable ice pack.
- For variety use pitta strips, crackers, bread sticks or fruit and vegetable finger foods with dip.
- Try to add a little salad to a sandwich.
- Make a fruit smoothie by blending juice and fruit together or a yoghurt or milk drink by mixing yoghurt or semi-skimmed milk with pureed fruit.

For more information and advice go to:

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

## **School Fruit and Vegetable Scheme**

### **Early Years/KS1**

The school is participating in the School Fruit and Vegetable Scheme, and provides all children aged between 4 and 6 with a free piece of fruit or vegetable each school day during mid-morning break. Milk can be enjoyed at milk time and can be ordered through the 'Cool Milk' website.

### **Key Stage 2**

Key Stage 2 children may bring in a healthy snack to enjoy during morning break such as a piece of fruit.

### **Water and Sugar-free cordial**

Children are encouraged to drink water/sugar-free cordial throughout the day so please send a water bottle into school every day. Drinking water regularly will improve children's concentration and behaviour is often better. Drinking water also helps to avoid dehydration which can make children feel tired and lethargic.

### **Staff Monitoring**

On a daily basis the staff in school see what children have in their lunchboxes whilst supervising in the dining hall. This is an opportunity for them to talk with the children about their lunchboxes and to encourage healthy eating and drinking. However, we may send parents a reminder of this policy if lunchbox contents regularly fall short of the expectations. It is not our intention to tell parents what and how they should be feeding their children but we want to work with parents to educate our children about healthy dietary choices so that they can make their own informed choices independently when they are older. If your child has not eaten enough of their lunch, we will wrap it up and send it home in their lunch box in order for you to see. We welcome parents working together with us if there is a problem.

### **Curriculum**

Food and nutrition is taught at an appropriate level throughout each key stage as indicated in our long term planning in PSHE, PE, Technology and Science. Effective teaching requires our pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted offer a rich variety of opportunities for participatory learning. We also aim to include extra-curricular activities such as cooking and gardening clubs and support the curriculum with visits to supermarkets and restaurants.

### **Assessment for Learning**

The healthy eating aspects of the National Curriculum are taught through PSHE lessons, Science and Technology lessons and PE lessons. Other aspects of healthy eating work are assessed and evaluated through activities, which have been built into the programme, as part of the planning process.

### **Visitors Supporting Work on Healthy Eating**

The school values the contribution made by visitors who support our work on Healthy Eating which includes visitors for our assemblies or for our curriculum. We believe it is the responsibility of the school to ensure that the contributions made by visitors to our work on Healthy Eating 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 session is suitable for the ages of the pupils. The school's code of practice for visiting speakers is adopted.

## **Breakfast**

Breakfast is an important meal that should provide 25% of a pupil's energy requirements and contribute significantly to the vitamin and mineral intake. Pupils are encouraged to eat breakfast before they come to school and this promoted through the curriculum work. Food provision at breakfast club complies with the Government's standards for all school food other than lunches. The school operates a breakfast club that provides a nutritious meal for pupils before the school day. This is usually a piece of toast, bagels or cereal and some fresh juice.

## **Rewards and Celebrations**

We do not encourage children to regularly eat sweets or other foods high in sugar or fat. They are not used as a reward for good behaviour, academic or other achievements. Other methods of positive reinforcement are used in school. Parties or celebrations to mark religious or cultural occasions and fund-raising events are exempt from the standards, but organisers do consider healthier alternatives where possible.

## **Cookery Skills**

Our curriculum in both Key Stage 1 and 2 offers lots of opportunities to include food preparation, cooking, and food tasting in lessons for example in Design and Technology and Science. The school offers pupils the opportunity to participate in cooking after school sessions or sometimes during school lessons. We use a range of healthy recipes, low in fat, sugar and salt. Opportunities are given for tasting foods together.

## **Sustainability**

The school considers that it is important to teach our pupils about the environment and the effect we have on it. In line with this we encourage all children/young people to choose food items that have less packaging, to re-use containers, bags, cling film and foil, wash and refill bottles, and recycle glass, cans, bottles and paper at their nearest recycling centre.

## **Special Dietary Requirements**

The school provides food in accordance with pupils' religious beliefs and cultural practices. School caterers offer a vegetarian option at lunch every day. When necessary the school also provides a vegan option. Individual care plans are created for those 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 refrigerators are used when necessary; 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. The school kitchen and Breakfast club has the top hygiene rating of 5/5.

## **Staff Training**

It is important that teaching staff and non-teaching staff are familiar with healthy eating guidelines, including the principles of the Eatwell plate. This ensures a consistent approach to our teaching.

## **POLICY REVIEW**

This policy is to be reviewed every 2 years

Policy written by: H Claxton/C Robertson

Policy adopted: February 2022

Policy due to reviewed: January 2027



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2018