



Altmore & Lathom Schools Federation

Food Policy

Summary

This policy sets out the expectations of food provision provided and consumed in school including before, during and after school and on school educational visits and extra-curricular activities.

Why is a policy needed?

At Altmore and Lathom Schools Federation we recognise the important part that a healthy diet plays in a child's well-being and their ability to learn and achieve effectively. We believe that the school, in partnership with parents and carers, can make a positive contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices. This policy applies to all staff, children, parents, governors and outside agencies working within our school.

National Guidance

This guidance has been written to reflect the School Food Standards that were revised in January 2015. It has also been written to reflect the diversity of the schools cultural and religious beliefs. The policy supports Ofsted's commitments to assess pupils' knowledge of how to keep themselves healthy and our school's ethos of healthy eating.

The policy outlines:

This policy covers the following areas:

- Break time snacks
- Water
- Milk
- School lunches including packed lunches
- Curriculum
- Breakfast and after school club

Break time snacks

All Foundation Stage and Key Stage 1 children are provided daily fruit or vegetables as part of the Government scheme. Any snacks that are brought from home will be restricted to fruit or vegetables unless recommended by a doctor on medical grounds (e.g. dietary need, diabetes etc.)

Milk

Our school provides a mandatory milk scheme for all children in EYFS.

Water

Drinking water will be available for all children throughout the day and children are encouraged to drink water at frequent intervals. All children having a packed lunch will have access to water at lunch time. Children are encouraged to bring a water bottle into school every day. Water bottles will go home at the end of every day to be washed and returned to school the following day. No drinks other than water will be brought into school by children unless recommended by a doctor for medical needs.

School lunches including packed lunches

At Altmore and Lathom Schools Federation all school meals are prepared by Juniper Ventures Catering. All meals are prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England. We provide Universal Free School Meals for children in Reception and Key Stage 1. The school provides a clean and safe dining area. We believe that lunchtimes should foster the caring, friendly ethos that governs everything that we do. Children are encouraged to be independent during their meal and clearing up after themselves at the end by tidying their plates and cutlery away.

If children prefer to bring in a packed lunch they are encouraged to bring in healthy food. We have healthy packed lunch guidelines to support parents available on our website. Packed lunches provided by the school for educational visits meets the School Meal Provision compliance with National Food Standards.

Curriculum

Food and nutrition is taught at an appropriate level throughout each Key Stage and is an important part of the National Curriculum, taught through PSHE, PE and Design and Technology. We hold assemblies which re-inforce aspects of well-being and healthy eating.

Breakfast and after school club

Food provision at our breakfast and after school club is compliant with the National School Food Standards. The school provides a clean and safe dining area.

Monitoring

At Altmore and Lathom Schools Federation, Juniper Ventures work closely with our schools to improve school meals. Parents are invited to taster sessions twice a year when we hold parents evening. These taster sessions allow parents to try some of the food on our school dinner menu.