

Duddon Saint Peter's School



Food Policy

The School recognises the importance of good nutrition within the School and in turns its effect on children's development and performance, and long term health.

- It is unusual for "free lunch" provision to be required but the Catering Service recognises its responsibility to provide healthy alternatives for both in school and out of school for these pupils. From September 2014, Reception, Year One and Year Two pupils will be offered a free school meal, under a government scheme.
- Morning snack provision
 - Children are permitted to bring their own healthy snacks and fruit juices.
 - Uptake is very good on present availability.
 - Fruit juice or sugar-free hot chocolate are on offer and a selection of fruits.
- A water cooler provides drinking water for children all day. In hot weather children are allowed to bring water bottles from home.
- All children receive milk in the afternoons in the Foundation Unit.
- A self-service salad bar at lunchtime is available to pupils.

Allergies

The Catering Service operates a totally "nut free" environment in the kitchen. All other allergies are accounted for if a doctor's note is provided.

Menus

- The weekly menus are posted on school noticeboards and are available to view on the school website. Parents are encouraged to discuss these at any time and also are invited to join the children for lunches to sample the food / environment.
- The Catering Service works in line with all government legislation with a wide choice available each day. They are working alongside 2008 legislation "every meal should be balanced in vitamins". Nutritionists compile the elements of the school lunch menu.
- Children are actively encouraged to make a balanced choice of the items available in different food groups.

Dining Environment

- There is a queuing system in and out of the kitchens with three dinner ladies to manage. This provides a pleasant time for pupils to interact.
- The Head teacher is present at lunchtime. Manners are considered to be of utmost importance.
- The children are encouraged to enjoy the dining experience with regular "theme days" e.g. Christmas Dinner / Easter.

- Lunch includes all children i.e. those with packed lunches – all eat together.

Food in the curriculum

- Children are frequently involved in a variety of food preparation tasks, eg. pancakes, bread or other foods associated with curriculum topics.

Whole School Policy:

- The school does not wish to totally control food brought into school i.e. packed lunches, but will offer recommendations to parents as to how lunches may meet the nutrient based standards set out in government documents.
- Advice is given to all parents explaining recommendations e.g. no sweets, chocolate bars / fizzy drinks / crisps should be included in packed lunches.
- Packed lunches are monitored and if unsuitable items are included, children and parents will be contacted to remind them of school policy.

Date: *January 2017*

Date of review *Spring 2018*