

## ***Duddon Saint Peter's CE 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. Currently, Reception, Year One and Year Two pupils are offered a free school meal, under the government scheme.
- Morning snack provision
  - Children are permitted to bring their own healthy snacks and fruit juices.
- A water cooler provides drinking water for children all day. Children are allowed to bring water bottles from home to refill.
- All children receive milk in the afternoons in the Foundation Unit.

#### 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, as well as being emailed to parents. Parents are encouraged to discuss these at any time.
- 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 appropriate staff to manage. This provides a pleasant time for pupils to interact.
- The Head teacher/senior staff are usually 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.

### SPECIAL DIETARY REQUIREMENTS

- Special diets for religious and ethnic groups

The school provides food in accordance with pupils' religious beliefs and cultural practices and encourages celebratory foods, in moderation.

- Vegetarians and vegans

School caterers offer a vegetarian option at lunch every day. When necessary, the school also provides a vegan option.

- Food allergy and intolerance Individual care plans are created for children with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and the extended day teams in the School and Children's Centre are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process.

### 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: *November 2023*

Date of review *Autumn 2025*