

# Food in School Policy



St Mary's Church of England Primary School  
Established 1845

## What's it all about?

We know that good nutrition is essential for children to grow properly, do their best in school and be healthy and happy in the future.

It is our job at St Mary's to make sure that all food provided in schools is healthy. We have been working for some years with the parents and governors to make food and drinks in School healthier and to help children and young people make healthier choices about food.

Healthier food is food that is low in fat, salt and sugar and high in fibre, for example, fruit and vegetables, lean meat, eggs, milk, bread, potatoes and pasta. We want to see every part of the school working together to make sure that children are helped to become healthier. This means:

- ♦ providing healthy food and drinks for lunch
- ♦ helping children learn about food - how it grows and where it comes from, the different types of food that make up a balanced diet making sure that older children know how to cook healthy meals

## **While St Mary's will play an important role, parents do also.**

We must remember that parents and other people who look after children have the biggest part to play in what children eat.

### Remember

- ⇒ children have the right to know what food is good for them and to make choices about what they eat
- ⇒ for some children food is particularly important because they have a disability or an allergy or because of their culture or religion
- ⇒ this policy will support children's emotional health and also encourage regular exercise

## Our Approach

is a 'whole school approach' to all the food that is provided and eaten in School. This ensures everyone is working together and not doing different things.

### We provide:

- Hot food daily
- At least two portions of fruit and vegetables every lunch time
- Rice and pasta must be offered at least once a week.
- Pies, casseroles and stew have at least half a portion of vegetables per serving.
- Water to drink is available every day.
- Fish is available at least once a week.
- Fried and high fat foods such as chips and garlic bread are not served more than twice a week.

## School meals

Food is provided for children who have particular needs because of disability, allergy, religion or culture - by our school caterers (J P Catering Services ), Pupils and parents should talk about what is needed before ordering meals.

The Department of Education provides free school meals for all Reception and Infant pupils. It also provides for Junior pupils who receive Pupil Premium. St Mary's makes it easy for pupils to get free meal without embarrassment and encourages anyone who is eligible for free meals to take them.



## Staying healthy

- Drinking water is encouraged.
- Cakes or biscuits are only provided as part of a balanced lunch or for special celebrations

## Drinking water in school

Fresh water is freely available every day. Pupils bring in their drinks bottles and place them in the areas provided. Drinking water is about more than keeping thirst away - it is tooth friendly and can also improve children's concentration.

## Drinking milk in schools

Milk is available to all children in Reception and the Infants daily. This is funded from our Sports Grant and is FREE. Milk is high in calcium, which is **important** for growing bones and teeth. Calcium is more easily taken into the body from **milk** than from vegetable foods. **Milk** also provides a good source of protein.



## Learning about food and cooking

In PHSE (Relationship Education), Science and Cooking pupils learn about food, healthy eating and being active, right through school. St Mary's makes these lessons interesting.

Children will all learn about a healthy diet and how to plan and cook seasonal healthy meals safely.

## Other Information

- Food and drinks children bring into Schools as packed lunches should be healthy and balanced. This is the responsibility of the parent/ carer.
- Fruit will be provided for all at break time
- Lunchtime is between 12-1pm
- Pupils queue up for hot food outside the school kitchen

Parents are very welcome to discuss with School any concerns about or rules in this policy.

