



## **FOOD POLICY**

### INTRODUCTION AND PRINCIPLES

Our School is a 'healthy eating' school; and children are encouraged to eat healthily at all times. This policy sets out what foodstuffs are permitted within the School at lunchtimes and at other permitted occasions. In addition, for after school cooking classes, this policy sets out what steps the School takes to ensure food hygiene is paramount.

This policy applies to all pupils including those within the Early Years Foundation Stage (EYFS).

### SPECIFIC OBJECTIVES

The policy sets out:

1. The foodstuffs including drinkable liquids permitted and not permitted in the school
2. What happens with Special Events
3. After School Clubs – hygiene and personal safety

### WHAT FOOD IS ADVISED IN THE SCHOOL

All children should be provided with a sustaining lunch and a piece of fruit for morning break. An additional healthy snack should also be provided if the child is going to an after school club.

All children should also have a water bottle in school each day (they can fill this up from the taps and bottle filling stations in school when necessary; the water bottle may come in on a Monday and stay in school until Friday when it will be sent home). These bottles will be replenished by the teaching assistant each morning for pupils in Reception Classes.

### PACKED LUNCHES

Children should have either a sandwich or cold meat, cheese, rice/pasta salad or hot dish. Some children bring in thermos flasks filled with soups or hot dishes, which are acceptable. If they need cutlery, they should bring it in

themselves. Sandwiches should be savoury, not sweet i.e. no jam/honey/chocolate spread. Children can bring in savoury or oat biscuits. Puddings should be yoghurt (not chocolate flavoured) or fresh fruit/fruit salad. No jelly or custard please.

Parents are asked to be realistic about what a child can eat. If their child is a "fussy eater", small amounts are good to start with. Parents are asked to cut up any food into suitable chunks as it is hard for staff to assist all children with their lunches.

To avoid the risk of choking, grapes and cherry tomatoes should be cut in half lengthways.

There are no warming or cooling facilities and so parents should ensure food stuffs are adequately stored. Lunch should be provided in a thermos bag with freezer blocks. A frozen juice carton can also be used and this will typically have defrosted by lunch time, whilst also keeping food cool. Hot food should be heated properly at home before storing in a thermos. We are unable to microwave food for pupils.

### TODMORDEN FOODS (TF)

This company prepares and delivers to the School, hot lunches for pupils whose parents wish to make such an arrangement for their child. This is a private contractual relationship between the parent and TF. The School oversees the serving of the lunches and carries out temperature checks to ensure the food is within a safe temperature range but otherwise can take no responsibility for either the content, preparation, delivery, or payment of the lunches.

### SNACKS

Crisps, fizzy drinks, sweets, cakes, biscuits and chocolate are not allowed in school at any time. A piece of fresh fruit is encouraged, but dried fruit is also acceptable. If a child cannot peel, say an orange or satsuma, please do it for them; we also advise parents to cut fruit into quarters for them until they are able to do it for themselves.

If parents bring crisps, sweets or other unhealthy snacks at the end of the school day, we request they are not given to their children until they are outside of the school gates.

### NUT PRODUCTS

No nuts, or any products containing nuts, may be brought into school as we have children with severe allergies and these allergies can be airborne.

### SPECIAL EVENTS

In our school community we do have numerous allergies to many ingredients which we must pay careful attention to. All food coming into school for a special occasion, be it a birthday, school disco or some other activity must be checked first by school staff. We ask parents who would like to send in a birthday cake or tray bake for their child to liaise in advance with school staff, nothing may be sent in which contains nuts and all ingredients must be shared with staff in advance.

Charity and fundraising cake sales are run from time to time. Parents are asked not to bake/bring any goods containing nuts and to list all ingredients.

Occasionally, pupils have the opportunity to harvest, prepare and eat produce grown in the school's garden. This is always done under strict supervision and high standards of food hygiene are followed.

#### AFTER SCHOOL CLUB COOKING CLASS

The need for hygiene and the personal safety of all class participants is stressed at all times.

The Club teacher ensures the following:

- All flammable materials are kept under lock and key and used only under adult supervision
- Hands are washed and kept clean at all times
- Utensils are not allowed to be put into the mouth
- Children are not permitted to approach the ovens, hobs or hotplates except under strict supervision
- Children are not permitted to eat raw meat, fish, cake mixes, batters and eggs
- Raw vegetables and fruit may be eaten but not before being washed.
- Ingredients cooked are always from trusted sources
- At least one member of staff involved in running After School Cooking clubs has a Level 2 certificate in food safety and education.

Claire Murdoch  
Head Teacher  
September 2023

Review approved by Deborah Livsey CEO  
New Model School Company Limited  
September 2023

Next review date: August 2024