



FOOD AND DRINK POLICY

RATIONALE

Meal times are an important part of the day. We recognise how essential it is to ensure that children enjoy the social occasion whilst also providing healthy and nutritionally well balanced meals. In our school and Children's Centre we are committed to giving all of our children consistent messages about all aspects of health to help them to understand the impact of certain behaviours and encourage the children to take responsibility for the choices that they make. This policy should be read alongside the PSHCE, drug and sex and relationship policies.

Coppetts Wood Primary School is a recognised Barnet Healthy School and is committed to promoting the health and well being of all staff and pupils; this includes all aspects of food and nutrition. Coppetts Wood Children's Centre was part of the Barnet HAPPY project (Healthy and Active Physical Play in the Early Years); which includes healthy eating programmes across the setting and in the home environment.

AIMS

- To encourage the community to make informed choices about a healthy balanced diet.
- To ensure that information relating to food and nutrition in the curriculum and food preparation is up to date.
- To provide healthy options at lunch/snack times.
- To provide a safe, clean and pleasant area for staff and children to eat in.
- To encourage healthy foods and snacks to be brought into school and the Children's Centre.
- To ensure all children have access to fresh drinking water throughout the school and Children's Centre day.
- To take responsible precautions to protect children and adults with severe allergic reactions, for example nut allergies; this includes a school and Children's Centre wide nut ban.
- To provide a selection of food that caters for all dietary requirements.
- To promote opportunities for children to grow, prepare and cook food in school and in the Children's Centre.
- To provide a forum for the school community to express their views and suggestions about food and drink, for example school council.
- To have adequately trained staff preparing and handling the food.
- To have a record of all children's dietary requirements outlined by the parent/carer.
- For basic food hygiene to be covered during staff induction.

THE LEGAL FRAMEWORK

- Early Years Foundation Stage

OUR SCHOOL SETTING

Snacks:

Children in the Foundation Stage are provided with free milk daily. In addition to this we are part of the Fruit and Vegetable Scheme which provides all children in Key Stage 1 with a daily piece of fruit or vegetable. Children in Key Stage 2 are also offered a daily piece of fruit provided by the school.

A healthy snack is provided for toddler community play sessions.

Hot lunches:

School Meals are provided by Barnet Caterers who have a Healthy Food Policy as part of their tender. The cooks have been trained in how to prepare healthy meals; this involves cooking from fresh everyday and always allows the children a daily choice of fruit and vegetables. The school kitchen provides hot meat/fish and vegetarian option every day. All children are encouraged to use the salad bar which is available every day. An increasing numbers of items available on the menu are organic, for example bread and sausages.

Hot lunches are available to the children in the nursery extended day. These children come to the main dining hall with an adult to have this.

Packed Lunches:

Many children bring packed lunch to school. In our weekly news letter to the parents the school regularly includes information regarding our no sweets, fizzy drinks and nut policies. The Meal Time Supervisors constantly monitor children packed lunches, advising children on what foods they can bring into school to eat at lunch time.

Where children in the extended nursery day are bringing a packed lunch we operate a similar policy. Advice on the recommended contents of a packed lunch are outlined in the initial Childcare Pack and staff supervision is in operation to ensure that children are accessing a balanced and nutritious diet.

Water:

Cooled water is freely available for all throughout the day in the School and Children's Centre. Children are encouraged to bring in a water bottle into school to ensure they can drink water freely while in class. Regular snack and water breaks are built into the school day. The school provides two water fountains situated in an entrance by the play ground that children can access during break and lunch times if and when needed. There is an indoor water machine in the Foundation stage building.

The Children's Centre has jugs of water available during sessions and a variety of drinking utensils for different ages of young child are easily accessible in the kitchen.

Food and the curriculum:

In the Foundation Stage children have the opportunity to cook and prepare food on a regular basis. The food made is consistent with the Foundation Stage no sweets policy. In Key Stage 1

and 2 there are a number of opportunities for the children to develop their knowledge and understanding of health, including healthy eating patterns, and practical skills that are needed to understand where food comes from such as shopping, cooking and preparing food.

Partnership with Parents and Carers:

The partnership between home and school is critical in shaping how children behave, particularly where health is concerned. This is something the whole school and Children's Centre is committed to working towards.

Parents and carers are regularly updated on our water and packed lunch policies through school and Children's Centre newsletters.

PROCEDURE

- All staff responsible for handling and preparing of food to be adequately trained in accordance with Basic Food Hygiene certificates.
- All food to be prepared in a fully equipped kitchen, whenever possible.
- Parents are asked for information regarding children's dietary requirements and needs, including any allergies and this is recorded.
- All dietary information to be displayed where all staff can access easily.
- Menus of hot food are planned in advance and are on display in the dining hall and on the Children's Centre Noticeboard.
- Where children bring a packed lunch we provide written advice on appropriate contents in the Childcare Welcome Pack of the Children's Centre and the Mealtime Supervisor's monitor the contents of the children's lunches.
- All prepared food to be nutritious and avoiding large quantities of saturated fats, sugar and salt and artificial additives, preservatives and colourings.
- Cooking activities should include foods from the diets of different cultural backgrounds, providing children with familiar foods and introducing them to new ones.
- Snacks and mealtimes are organised at a time when staff and children can socialise and to support children to develop their independence.
- Eating utensils are appropriate for the age and stage of the children accessing the services.
- Parents who provide a packed lunch are informed of storage facilities.

KEY RESPONSIBILITIES

Staff Responsibility (Children's Centre)

- Prior to a child starting within the childcare facility, they obtain from the parent/carer a full catalogue of the child's dietary needs and preferences, including allergies or cultural dietary requirements.
- Information is recorded regarding the dietary requirements on the child's record form which is signed and dated by both the Children's Centre manager and the parent/carer. Both the parent/carer and the centre are to retain a copy of the document.
- Staff are trained in handling a child's dietary needs or allergies

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