# WHOLE SCHOOL FOOD POLICY

Rationale:
Longman's Hill Community Primary School actively supports healthy eating and drinking throughout the school day, ensuring that all aspects of food and nutrition in school promotes the health and well-being of pupils, staff and visitors to our school.

Research proves that good food is vital to children's health, well-being, development, concentration, behaviour and academic achievement.

We know that obesity doubles between Reception and Year 6 and that one third of children are leaving primary school overweight or obese. We know that one third of children have tooth decay. Good eating habits established in childhood are more likely to be maintained in adulthood.

This will influence health:
- In the short term to ensure healthy weight and good dental health
- In the long term to protect against type 2 diabetes, heart disease and cancer.

If children understand how food is grown and produced it can also have a positive impact on sustaining our local economy, the environment, climate change and health.

**The main objectives of our Food Policy are:**

- Ensure that we are giving consistent messages about food and health.
- Have a planned curriculum to ensure information relating to food and nutrition in different lesson areas is consistent and provides opportunities to learn about different food types in the context of a balanced diet (using the balance of good health)
- How to plan, budget, prepare and cook meals, understanding the need to avoid the consumption of foods high in salt, sugar and fat and the increase in consumption of fruit and vegetables.
- Ensure a welcoming eating environment that encourages the positive social interaction of pupils.
- Ensure a school lunch service that meets or exceeds current Government Nutritional standards.
- Ensure there is easy access to free, clean and palatable drinking water in our classrooms and across school.
- Ensure that snacks and lunch time food brought in from home are healthy.
- Provide opportunities to enable pupils to learn about how to grow fresh fruit and vegetables.

## Breaktime snacks

- Children can only bring fruit or vegetables into school. Longman's Hill Primary School is a nut free school.
- Fruit or vegetables to be consumed at break should come in a separate container or bag to their packed lunch.

## Lunchtime Provision

Dining environments should be a pleasant, social and cultural experience. Happy dining environments help to promote a positive lunchtime experience. The children eat their lunches in the school hall and can choose who they sit with; they can sit next to anyone they choose regardless of the year group or whether they are eating a school dinner or a packed lunch from home. Children in EYFS will often sit next to their Year 6 buddy at lunchtime.

## School lunches

The school provides school meals which meet the National School Food standards. All meals are prepared and cooked in line with the DfE School Food Standards Guidance.

Our school meals follow a healthy eating policy and are produced freshly every day in a school kitchen from only:

- fresh meat and poultry sourced from the region;
- fruit and vegetables sourced regionally where possible using local suppliers;
- products free from additives associated with health problems in young children;
- fats free from hydrogenated oils; with
- menus that are nutritionally balanced
- salt is not used in cooking
- sugar is being reduced in all recipes including desserts.

Our school meals;

- have a two-week menu cycle, allowing children to become familiar with the food served
- are changed every term to reflect the seasons; and
- are written by the school cook to provide optimum levels of nutrients.

## Packed lunches

Children will eat their packed lunches in the school hall. Lunch boxes from home are stored in the corridors away from heaters. The school will work with parents to encourage them to prepare packed lunches which contain healthy options.

**Guidance for what to include in packed lunches:**

Every day:

- At least one portion of fruit and one portion of vegetables
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, hummus, falafel)
- A starchy food (e.g. bread, pasta, rice, couscous, noodles, potatoes, or other types of cereals)
- Dairy food (e.g. milk, yoghurt, cheese, fromage frais or custard)

Drinks: water, fruit juice, milk, yoghurt or milk drinks and smoothies. Fruit cordials or squash should be weakly diluted.

**Guidance for what not to include:**

- Confectionery such as chocolate bars and especially sweets are **not allowed**. Cakes and biscuits **are allowed** but encourage your child to eat these as part of a balanced meal. Only **one** should be included within a packed lunch.
- Crisps **are allowed** but these can be high in salt and fat, consider swapping these for a healthier option such as seeds, savoury crackers, or breadsticks.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included **only occasionally** due to their high fat content.
- Fizzy drinks are **not allowed.**
- Please be aware that there are children in school with severe allergies to nuts therefore we are a **NUT FREE** school. Nuts are **not allowed** If items containing nuts / nut products (but not those labelled 'may contain nuts') are included in packed lunches, they will be removed and discarded for health and safety reasons. Parents will be informed by way of a written slip in their child's packed lunch box.

The school recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible and should inform the school of the medical issue.

A link to the change4life packed lunch box is promoted to parents/carers to provide them with information to support healthy lunch box choices. (www.nhs.uk/change4life/recipes/healthier-lunchboxes )

Children are **not allowed** to swap any food items with others. Any food left in lunchboxes will be sent home so parents can see what their child has eaten and dispose of the waste.

## Water

- Free, fresh water will be available to all children throughout the day.
- Children are encouraged to have a named, clear bottle of water in class.
- Water will be freely available at lunchtime.
- Water bottles will be taken home daily to be washed.
- After physical activity and during hot weather, children will be encouraged to drink more water.
- The clear plastic bottles **must** contain only water – this should not be flavoured water or diluted juice.

## Curriculum

- Children will have timetabled opportunities to cook and prepare food.
- Pupils will be made aware of the healthy eating policy throughout the curriculum.
- Healthy eating messages will be taught as part of the curriculum.
- There will be consistent messages across the curriculum about healthy eating.
- Healthy foods will be actively promoted through regular tasting sessions.
- All children will learn and apply the principles of food hygiene.
- Children will learn and apply the principles of a balanced diet and how diet affects health.

**Date for next review:** April 2026

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| Policy Adopted by PSHCE Subject Coordinator<br><br>Name: Mrs H Thoelen | SIGNATURE | DATE |
| **Policy Adopted by Headteacher**<br><br>Name: Mrs J Elcock | SIGNATURE | DATE |