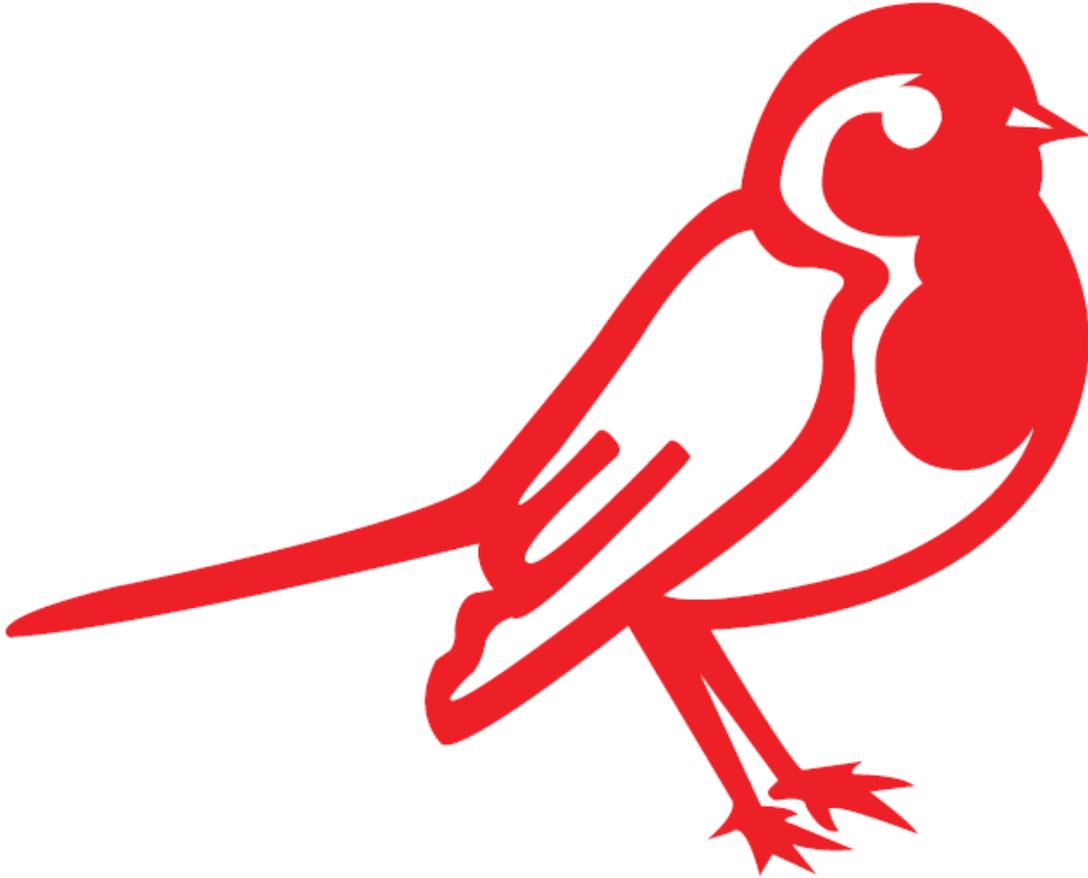


# Robinsfield Infant School



## Whole School Food Policy

Reviewed by: Lorraine Wood and Megan Pinches

Date: April 2017

Review due: April 2018

## **Aims of Policy:**

Robinsfield works in partnership with Healthy Schools London and has achieved bronze, silver and gold awards as part of this scheme. These awards encourage an active lifestyle, healthy eating and an understanding of cooking techniques. This policy is designed to ensure all food consumed on the premises promotes a healthy lifestyle.

## **Robinsfield has Enhanced Healthy Schools Status and is committed to**

- making a positive contribution to children's current and future health
- encouraging a happier population of children and young people
- promoting consistency between packed lunches and food provided by school, which now must adhere to national standards set by the government.

## **School lunches:**

School lunches ensure that all food served complies with School Food Based Standards ([www.schoolfoodplan.com](http://www.schoolfoodplan.com)).

Children are given a balanced meal with at least two different portions of vegetables. There is also a varied salad bar and children are encouraged to try at least one new food item a day. Sugar free dessert is served 3 times a week alongside fruit which is available as an option every day.

Children are rewarded with stickers or gain a place on Friday's Golden Table trying new food items, having good manners or eating their entire balanced meal.

## **Packed Lunches**

**Ideally all Robinsfield children will partake in our delicious and nutritious school lunches, if parents choose to provide a packed lunch this policy applies.**

### **Where, when and to whom the policy applies:**

To all pupils and parents providing packed lunches to be consumed within school, on school trips or on school premises.

### **Food and drink in packed lunches: what the policy states**

- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements
- The school will work with parents to ensure that packed lunches abide by the standards listed below.

### **Packed lunches should include:**

- at least one portion of fruit and one portion of vegetables every day
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, and falafel) every day
- oily fish, such as tuna or salmon, at least once every three weeks
- a starchy food such as any type of bread, chapatti, pitta, pasta, rice, couscous, noodles, potatoes or other type of cereals every day
- dairy food such as, cheese, yoghurt, or custard everyday
- smoothies may be included as a dessert
- only water should be included

### **Packed lunches should not include:**

- **NUTS** or any product that contains nuts (this includes pesto)
- crisps
- Confectionery such as chocolate bars, chocolate-coated biscuits, donuts, croissants, pastries and sweets.
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included occasionally
- tomato ketchup

### **Special diets and allergies**

The school is aware that some pupils may suffer from severe allergic reactions to certain foods. In cases where the school has been made aware of this by parents or the school nurse, provision is made in the school office for individual boxes containing information on the child's allergies, a photo of the child and an EPI PEN. Staff, including lunchtime staff, have annual training on the use of the EPI PEN. Photos of the pupils with severe allergic reactions are also kept in the medical room and child's classroom. The school also recognises that some pupils 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. For these reasons pupils are also not permitted to swap food items.

### **After School Snacks**

As a healthy school, Robinsfield would like all snacks consumed on the premises to be healthy and nutritious. The school is aware that children may feel hungry after school and recognises parents may come with snacks at home time. The school asks that these snacks are healthy and of reasonable size, therefore the following is suggested:

- Fresh fruit
- Plain yoghurts with fresh or dried fruits.
- Raw veg such as carrot sticks, celery, peppers, tomatoes alongside savoury dips.

Please do not give any food to any child other than your own without gaining consent from their parent or carer first.

### **Cooking in the Curriculum**

Robinsfield includes cooking on the curriculum throughout the school and ensures that all core competences and skills are taught in the appropriate phase. Cooking in the curriculum will focus on exploring recipes, choosing recipes based on how healthy they are and carrying out these recipes using the skills included in the National Curriculum.

Anything cooked in school will be low in sugar and aim to include aspects from every part of the balanced diet plate. Cooking will also adhere to the school's policy on special diets and allergies.

### **Food growing**

The school grows fruits and vegetables in the garden and greenhouse. Anything grown in this garden can be used for cooking in the curriculum. The produce that is harvested can then be used for cooking in class. This experience provides an opportunity for all children to discuss where food comes from and how these can be included in different recipes, including those discussed in lessons. Children in the EYFS and KS1 will be included in food growing at Robinsfield.

### **Oral Health**

Oral health is a key part of maintaining children's overall health and wellbeing, therefore at Robinsfield, promoting good oral hygiene is of great importance. All snacks provided by the school will be as orally friendly as possible, low in sugar and will be restricted to meal times. Across the school only water and milk will be served as drink options. Leaflets promoting oral health to parents will be sent throughout the year, with dental hygiene packs sent out to children in EYFS. Workshops on oral hygiene will take place, both for parents and children. Wherever possible, teachers will endeavor to promote good oral hygiene to pupils, through curriculum lessons or delivered by outside agencies.