



## **Sacred Heart School**

### **Food and Drink Policy**

*At Sacred Heart School we all aspire to provide a happy, safe and secure environment in which every child is encouraged to achieve their full potential...*

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## **Aims**

We believe that all children should enjoy a sufficient, well-balanced and healthy diet appropriate to their individual health, taking into account cultural and philosophical dietary requirements.

The school takes positive action to encourage healthy eating. Children learn to enjoy foods and understand the reason why some foods are healthy, and others are not. This is done by providing healthy snacks and meals, by encouraging children to become involved in helping to prepare food and through everyday activities that encourage children to make healthy food choices.

Our lunches are delivered by The Pollen Partnership who specialise in providing lunches for Schools. They say:

“The Pollen Partnership is a privately owned catering organisation which believes that a nutritious, balanced diet is the basis for a healthy lifestyle which in turn, leads to high productivity. We are therefore completely committed to providing healthy, freshly cooked meals for all our clients using produce delivered by handpicked supply partners.”

Children are taught about food-related hygiene, for example, washing their hands before eating. They are also encouraged to share food times together, such as meal and snack times, to promote social skills and good hygiene practices which can play an important part in the social life of children in the Nursery and beyond.

Sustainability is high on our agenda, and we work hard to minimise food wastage. Where possible we turn any food waste into compost.

## **Implementation of the policy**

The school must ensure that:

New members of staff, including students and volunteers, must read and adhere to the Food and Drink Policy.

All staff, students and volunteers are made fully aware of individual children's dietary needs and requirements.

The Food and Drink Policy is made available to parent and carers.

Records are kept of dietary and medical requirements and are updated annually or when there are any changes.

## **Allergies and Intolerances to food products and substances**

We ask parents to advise us of any allergies, intolerances or cultural preferences when a child begins at Sacred Heart. Prior to joining, parents must complete the school's medical forms and updated annually or sooner if there are any changes. This information is included on the food/medical emergencies list which includes photos of the children, which is displayed in the Foundation Stage area and hall kitchen. This must be brought to the attention of all staff working with the children including students and volunteers. The Catering Manager and all staff members must keep up-to-date with any changes or variances to this information.

During meal, cooking or snack times children are not allowed to exchange food in order to avoid accidental exposures to allergens.

## **Further procedures to safeguard children**

At lunch times: The Foundation Stage practitioners must verbally confirm with the dinner ladies whether any children have alternative food products due to allergies, intolerances or parent/carer preferences. When preparing snacks and meals, all staff must check allergies, intolerances or parent/carer preferences alerts before providing children with food or drink.

## **Cooking Activities**

We incorporate cooking into our curriculum planning and may share food from different cultures through topics, events or celebrations.

Children take part in regular cookery activities during our Nursery sessions.

Children will not be withheld from taking part in cooking activities unless staff deem it to be an immediate health risk to the child. If this is the case staff will ensure that an alternative activity is made available which safeguards the child from any exposure to known medical risks.

## **Celebrations and Snacks from Home**

As we are a small setting those parents/carers, who particularly wish their child to celebrate a birthday or other special occasion with food, may bring in a cake or their own choice of celebratory food if they wish. Whilst our numbers remain small our healthy eating is not compromised by allowing this. Please remember we are a nut free setting and all foods brought in are ingredient checked before being offered to children with known allergies.

## **Hot Lunches**

Hot lunches are freshly prepared on site.

The menu is organised to provide a healthy, nutritious and balanced diet. High-quality produce is sought that avoid large quantities of fat, salt and sugar and artificial colouring, additives or preservatives. Fresh fruit and vegetables are provided daily. We provide a varied diet, in which we encourage children to try familiar and unfamiliar foods. We also encourage children to talk about and make healthy choices. Children with special requirements are catered for, such as vegetarian options are provided daily. All children have the choice of a meat or vegetarian meal and/or a choice from the salad bar. The menu is on a 3 week rotation, which is regularly reviewed (at least termly). Sacred Heart offers a varied menu and also organises special themed days e.g for bonfire night.

Lunch is served at approximately 12.00 – 1pm.

## **Tea**

Most children go home at 3.30pm at the end of the school day. Those children who do stay for our Busy Bees Club (after school club) are given a snack tea at 5pm.

The size of the meal portions is designed to be sufficient and adequate to the child's appetite.

## **Refreshments**

Fresh drinking water is always freely available to children and staff. Suitable cups or water bottles are readily available, and children are encouraged to help themselves. Each child has their own personalised water bottle in school. Staff ensure that all children have appropriate amounts to drink, especially in hot weather and supply refills when needed.

We are a juice free setting offering water/milk at snack time to encourage good oral/dental health.

We support the children in recognising that they need to drink water before they are thirsty, when they are hot or tired, or feeling unwell.

## **Snack Time**

We plan snack-time as a regular, pleasant and sociable event, which promotes healthy food choices for children aged 2-5 years.

We encourage the children to take turns, to share and be polite. We encourage common courtesies such as saying 'please' and 'thank you'. We make every effort to involve staff, parents/carers and children in planning, preparing and serving snacks.

Staff sit with the children and encourage them to talk and listen to each other, learning to respect each other's views and opinions, likes and dislikes, etc.

The menu for snack time rotates over a 3 week cycle.

### **Storage of food**

Food is stored in hygienic and clean airtight containers.

Food that needs to be kept chilled is placed on the appropriate shelf within a fridge.

Food is always eaten by its sell-by date

### **Food and Hygiene**

Staff undertake food hygiene training and follow the recommended procedures. When preparing and serving food staff wear aprons; they tie their hair back; cuts and sores are covered with a waterproof (highly visible) dressing and jewellery is kept to a minimum. If gloves are worn handwashing should take place before putting them on and gloves should be changed when handling different foods. Plates, mugs, utensils, etc. are thoroughly washed in the dishwasher and then left to air dry or dried with a clean cloth before storing in suitable cupboards. The designated food preparation areas are kept hygienically clean and the tables are cleaned before and after every use with antibacterial wipes/antibacterial spray. Raw meat is only prepared in the Hall kitchen.

### **The Practice of Good Manners**

Adults are expected to model good manners towards children and vice versa, using "please" and "thank you" appropriately, to reflect a respectful and caring attitude to others. This is particularly emphasised and encouraged at social occasions such as eating together and group activities.

### **Breastfeeding**

We are a breastfeeding friendly setting and offer a place for nursing mothers if they need to feed their child.