



Shaw Ridge Primary School and Nursery Food & Nutrition Policy

Policy Statement

At Shaw Ridge Primary School and Nursery, we are committed to supporting the health, growth and development of each child within our setting. We understand and recognise the importance of providing nutritious food and drink, to help promote healthy eating habits and create positive mealtime and snack time experiences for all.

We recognise the importance of good nutrition on our pupils emotional and physical health and wellbeing, and the effects this has helping support a child's ability to maximize their educational potential.

In view of the increasing obesity epidemic, it is important that children have the knowledge to make the right choices concerning food.

Aim

- To provide children with a balanced and varied diet which helps support healthy growth and development
- To encourage a positive and healthy attitude towards food and the choices the child makes.
- To work in close partnership with our families to meet our children's individual dietary needs including those with allergies, specific dietary requirements and cultural needs.
- To ensure food safety and high standards of hygiene in all aspects of food preparation and food service in conjunction with our meal providers, Harrison Catering,

Food and Drink Provision

- The school participates in the school fruit and vegetable scheme throughout Foundation Stage and KS1. Nursery age children are provided with a snack in each session (morning and afternoon sessions) The children are also allowed and encouraged to bring fruit or a cereal bar into school for snack time.
- The hot meal provision meets the Government's food-based and nutrient based standards for school lunches.
- The food provided at Shaw Ridge Primary School and Nursery reflects and incorporate our children's needs and requirements ie. religious, ethnic, vegetarian, medical and allergenic needs.
- The school monitors the requirements of all children requiring a special diet. This is continually updated and all staff are fully trained.
- Children will have access to fresh drinking water at all times and children bring in a named water bottle which they are encouraged to refill during the day.
- Meals and snacks provided will be nutritious, balanced and also age appropriate.
- We offer a variety of different foods daily, including a main meat option, vegetarian option, jacket potatoes and wraps/rolls.
- We limit foods that are high in sugar, salt and saturated fats, encouraging and serving a selection of vegetables, fruit, wholegrains and protein-rich foods.
- Fresh fruit and a salad bar and variety of vegetables are served with each meal.
- We provide fresh drinking water with each meal and Nursery and KS1 children (up to the age of 5 years old) will be offered daily milk. (After the age of 5 parents are able to order daily milk through "Cool Milk" our school milk supplier)
- Dietary requirements, whether cultural, medical or ethical are respected and catered for in our daily offering.

- Menus are created by our school meal providers Harrisons Catering who are an independent, family-run catering company. The catering manager works closely with the Head Teacher regarding the menu options provided and has the flexibility to change any unpopular dishes.
- Food is prepared and served in our on-site kitchen on a daily basis.
- All children have easily accessible free drinking water available in their classroom (named bottles).

Meal and Snack times

- We aim to provide a calm, sociable and pleasant eating environments promoting positive interactions between children.
- The school provides adequate time and space for children to eat their school meal/packed lunch.
- The school has appropriate queuing and seating systems. Nursery age and KS1 children will be served their lunches in the small hall which is a smaller less intimidating space.
- We promote social interaction between children by allowing packed lunches and hot dinners to sit together.
- MDSAs are with the children at all meal times and there are paediatric trained first aiders with our children at lunchtime. All of our Early Years children also have a paediatric trained first aider with them during snack times.
- We encourage and teach good table manners at mealtimes.
- Children are encouraged to try a variety of different foods and snack but are never forced to eat.

Partnership with Parents and Carers

- We work closely with all families to understand dietary requirements.
- Parents and carers are asked to share information regarding allergies, food intolerances, cultural and dietary requirements when their child joins the School or Nursery as part of the induction process. We hold one 2 one meetings with all parents and questions about food preferences are asked at these meetings.

- We offer guidance on healthy lunch box choices if parents are providing packed lunches for their child.
- We aim to keep the cost of school meals as low as possible to ensure hot meals are accessible for all. Reception and KS1 children have access to a free hot school meal every day.

Allergies and Food Safety

- All food allergies and intolerance will be recorded on the child's information records on our MIS system.
- Class allergy records are kept with the class teacher and in the lunchtime folders that are accessed by the MDSA's
- Allergy information is recorded on the menus provided by Harrison Catering which is accessible to all parents/carers
- We will follow safe food handling and hygiene procedures at all times.
- Staff are trained on allergy awareness and the importance of food hygiene.

Curriculum links

- Healthy eating and nutrition will be incorporated into learning activities, play and stories.
- Children are encouraged to explore food through cooking, gardening and other sensory experiences.

Monitoring and Evaluation

- The Head Teacher and members of the SLT will be in the School hall at lunchtimes each day to support with the service of hot meals.
- The SLT will check and review lesson planning, and admin procedures to ensure the food and nutrition policy is being followed and incorporated as appropriate.
- Food and drink provision will be monitored by the SLT.

Policy review

- This policy will be reviews annually in consultation with staff, parents, Harrison Catering and any relevant healthcare professionals.