

## **Food and Nutrition Policy**

At St Peter's we are committed to supporting Children's health and well-being by promoting a positive, safe and consistent approach to food and nutrition. Following on from the new guidance released by the government we have created a new food and nutrition policy below.

### **1. Purpose**

This policy sets out our approach to:

- Meals and snacks
- Packed lunches
- Food safety, allergies cultural and religious needs
- Safer eating

### **2. Principles**

All children at St Peter's are entitled to a healthy balanced diet and mealtimes are social, relaxed and inclusive. Staff at St Peters' will act as role models in this.

### **3. Meals and snacks**

At St Peter's we provide a healthy magic breakfast of toast and bagels. We also provide a healthy snack (fruits and vegetables). Milk and water are on offer for children to drink- no fizzy drinks are allowed. We encourage children to try new foods but never pressure them.

### **4. Packed lunches**

**Parents are encouraged to provide a balanced lunchbox including:**

fruits and vegetables

starchy foods (rice, pasta, potatoes, bread)

Protein (meat, fish, eggs, beans, pulses)

Dairy or alternatives (yoghurt, cheese, milk)

**Food we are parents to avoid**

Sweets

Chocolate

Sugary yoghurts

Biscuits

Fizzy drinks

## **5. Allergies and special diets**

Parents must inform us of any allergies, intolerances and special diets (including religious diets). All this information will then be shared with the staff at St Peter's including teachers, teaching assistants, lunchtimes staff and kitchen staff. The menus will then be designed accordingly. At St Peter's we take strict care to avoid cross – contamination. Staff are also trained in allergy awareness.

## **6. Safer Eating**

At St Peter's all children are supervised while eating to lower the risk of choking. There is also a PFA trained member of staff present in school. All choking incidents must be recording correctly.