



St Silas CE Primary School

School Food Policy

1. Aims

Food and sharing food are an important part of what we do as a school. The menu, which is healthy and nutritionally balanced, is prepared and delivered by Aspens, the catering company that we work in partnership with. We cater for vegetarians, Halal, and for special diets for medical needs for allergies. We are happy to work with you and your child to make sure that they are able to eat the food on offer as we know that some children can be fussy eaters. However we are committed to working with you to help your child enjoy a wider range of foods.

We believe that eating is more than just “refueling” but should be an informal social experience where children eat together and make new friends across the school.

2. Food and Drink Provision Throughout the Day

As part of the School Food Plan, a new set of standards for all food served in schools was launched by the Department for Education. They became mandatory in all schools from January 2015. These school food standards are intended to help children develop healthy eating habits and ensure they obtain the energy and nutrition they need across the whole school day, which includes food provided for breakfasts, mid-morning snacks and lunches.

● Breakfast

Breakfast is an important meal and should make up a quarter of a child’s energy requirements which can provide essential vitamins and minerals.

Healthy Breakfast Options That we Provide

- A variety of different fruits and vegetables every day including dried fruits such as raisins
- A selection of cereals including low sugar, low salt, and high fibre
- Semi skimmed milk for cereals

● Snacks

At Silas we understand that snacks can play an important part of the diet of young people and can contribute positively towards a balanced diet.

The Government’s school fruit and vegetable scheme entitles all children in KS1 to one piece of fruit or vegetable every day.

In addition, through the School Food Grant, we have obtained funding to provide breakfast and healthy snacks for all the children in KS2, giving them access to cereal, fruit, raisins and healthy breakfast bars.

- **School Lunches**

Food is prepared by the school's catering team and meets the national food based standard. We ensure that the quality of the ingredients and that the choice of meals is appealing by regular checks and feedback from the children.

In September 2014 the Government introduced Universal Infant Free School Meals for all children from Reception to Year 2. We encourage the parents to opt for school lunches for their children by regularly promoting our menus.

3. Food and Drink Brought into School

- **Packed Lunches**

Parents are encouraged to provide healthy, well balanced packed lunches and have been offered workshops and given advice on how to ensure that they are healthy. **Due to a number of children with severe nut allergies, we are a nut free school. We ask that parents not send nuts, nut spreads or nut bars into school with their children, or they will have to be confiscated.**

Preparing a balanced lunch box includes

- Starchy food - bread, rice, potatoes, pasta
- Protein foods - meat, fish, eggs, beans, cheese
- Dairy item - cheese or yoghurt
- Vegetables - mixed salad or fruit
- Healthy drinks such as water, milk or 100% fruit juice.

For more information please visit www.childrensfoodtrust.org.uk