



Healthy Food Policy

Last Reviewed: Children's Welfare & Equalities committee 11.06.2024
Review Due: June 2027

Our Aims

- To promote healthy choices of food and positive attitudes towards diet and health, including oral health in children and families.
- To encourage a healthy lifestyle
- To provide the children with healthy snacks

Aims into practice

- Parents/carers of children with specialised dietary requirements, allergies, or cultural or religious needs or food preferences, give full details of their child's needs at the time of starting at the school so that all staff are fully aware of any requirements.
- Staff directly responsible for the provision of food to young children are trained in hygiene and food handling. Important information and good practice are cascaded to other staff members.
- Water is available throughout the day.
- We are a nut free school*
- We do not allow fizzy drinks to be brought into school for children.

Early Club

- We provide a healthy breakfast and we are aware of the different dietary needs of some of our children for cultural reasons, allergies and parental preference

Snack

- is available during the morning and afternoon sessions
- gives us the opportunity to encourage the children to try new foods
 - it is okay if the children try the new food and do not like it (It can take up to ten tastes of a new food for your palate to recognise it.)
- reflects and celebrates festivals and events across the year

Lunch Club

- Is available daily, where spaces allow
- Parents/Carers to provide a packed lunch
- We encourage parents to provide packed lunches that are nutritional and well balanced
- We support parents/carers by providing a "healthy packed lunch" leaflet
- Packed lunches are monitored by school staff
- Ideas and support for a healthy lunch are offered on an individual basis if required

Members of the team have a Level 1 qualification in Basic Food Hygiene.

Members of the team have paediatric first aid qualification.

Make reference to:

- Healthy packed lunch leaflet
- Early Years Foundation Stage
- Nut Free School includes:
 - * We request parent/carers not to send children with any food containing nuts.
 - * No chocolate spread or nut spread to be provided by parent/carers.
 - * The School does not knowingly purchase foods containing nuts.
 - * All packaged food is checked before being served.
 - * The environment is checked daily indoors and outdoors; however we are aware that squirrels do bring and bury nuts in the school grounds so staff remain vigilant at all times.

- * If staff believe a child has been provided with a product that contains nuts, this will not be served, but an alternative may be provided.
- * This includes staff bringing own food and drinks.