



Otterburn First School

Food Policy

DRAFT (FGB Spring Term)

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Food in School

We aim to ensure that all food eaten during a school day is healthy and nutritious.

This policy covers packed lunches brought from home along with any snacks and food brought into school for special occasions. We believe in a whole school approach and working in partnership with pupils, parents, staff and governors. We are committed to enabling children and parents to make informed healthy choices.

Rationale

Having achieved Healthy School Status, Otterburn First School made a commitment to:

- Make a positive contribution to children's health and Healthy School Status
- Encourage a happier and calmer population of children and young people
- Promote national standards for food in schools
- Contribute to on-going self-evaluation
- Support the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day.

Promoting happy healthy lunchtimes

The school will provide hygienic facilities and ensure that free, fresh drinking water is readily available at all times. The school will ensure that packed lunch pupils and school hot dinner pupils are able to sit and eat together comfortably. As fridge space is currently not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible to preserve their food.

The school will work with parents and children to encourage healthy choices.

Packed lunches should aim to provide:

- A source of complex carbohydrate for energy, eg. bread, pasta, rice, couscous, noodles, potatoes, cereals
- A source of protein, such as meat, fish, dairy or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus and falafel)
- At least one portion of fruit or vegetables
- Healthy drink such as water, fruit juice, semi-skimmed or skimmed milk.

Packed lunches may also include **one small** treat item.

Food brought into school must not include:

- Nuts or products containing nuts
- Garden Peas
- Carbonated drinks
- Sweets or chocolate bars

Special diets and allergies

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In each case, parents are urged to be responsible, ensuring that packed lunches and food brought into school for other occasions are as healthy as possible.

Monitoring

Healthy lunch choices will be rewarded.

Children eating in the dining room are supervised and encouraged to eat their lunch. Food choices (for both packed lunch and school dinners) will be monitored by supervising staff.

The school will use opportunities such as parent's evenings to promote this policy as part of a whole school approach to healthier eating. All school staff, including teaching and catering staff and the school nurse, will be informed of this policy and will support its implementation.

We would like to thank all parents for their continued support in maintain a safe and healthy school.