



Believing and Achieving Together

Signed:

Date: March 2023

Review: March 2025 or sooner if required

Whole-School Food and Drink Policy

We actively support healthy eating and drinking throughout the school day. We will ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors to this school.

We believe a good diet, which is healthy and varied, is important for good health and will help maintain body weight. This will enhance general well-being reducing the number of diseases such as heart disease, stroke, cancer, diabetes and osteoporosis.

Aims:

- To ensure that all aspects of food and nutrition in school promote health and well-being of pupils, staff and visitors.
- To provide nutritious food that meets the children's individual dietary needs.
- To help children learn what healthy food is and for them to understand the importance of food and drink in a healthy lifestyle.

Procedure:

Food Across the Curriculum

- Food, nutrition and healthy eating is planned and taught at an appropriate level throughout each year group.

Dietary Needs and Food Allergies

- Parents inform school:
 - of their child's dietary needs
 - of any foods that their child might be allergic to
 - of any dietary rules connected with their religion

School Systems

- Pupil's dietary requirements are recorded on the child's registration card.
- The appropriate personnel are informed.
- Systems are in place to ensure that children receive the correct dietary requirements.

Menu Planning

- Menus are planned avoiding large quantities of:
 - Fat
 - Sugar

- Salt
- Artificial additives
- Preservatives
- Colourings

Fruit in Schools Scheme

- We take part in the National Fruit in Schools Scheme where every child from Nursery to Y2 has a piece of fruit as a snack each day.
- We offer daily fruit to Key Stage 2 pupils for a small cost.

Packed Lunches

- Parents are reminded that packed lunches should be healthy and balanced and should contain only water and no chocolate bars.
- Children are discouraged in sharing their food.

School Lunches

- All our school lunches meet nutritional standards.
- The ingredients are fresh and there is a good variety of fruit and vegetables.
- This is an important time of the day when we can:
 - Nurture and build friendships
 - Teach table manners
 - Promote a balanced diet

Water in School

- Water is available at all times in school for children and staff.

Working with Parents

- NCC operate a three week menu rotation which is available on the NCC website or from the school office.
- Parents may observe school lunches at any time in order to view the quality food that we provide.

Monitoring

- Monitoring is undertaken by:
 - The Local Authority
 - The Headteacher
 - Staff
 - Governors
 - School Council

Effectiveness

We believe this policy will be effective only if we ensure consistency across the school by regular monitoring.