



Egginton Primary School Food Policy

At Egginton Primary School we understand that a balanced diet makes an important contribution to children's growth and development as well as to their ability to learn successfully.

The school is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed food choices. This will be achieved by a whole school approach to food provision and food education documented in this policy.

The main aims of our school food policy are:

- To provide a range of healthy food choices throughout the school day and in line with the mandatory School Food Standards.
- To support pupils to make healthy food choices and be better prepared to learn and achieve.
- To ensure a consistent approach to healthy eating across the school community including pupils, staff and parents/careers.

School lunches

School meals are provided by Derbyshire County Council and served between 12-12:30 in the village hall. The school meals meet the mandatory requirements of the School Food Standards 2015.

School meals are planned on a 3-week cycle which changes every 6 months. New dishes and recipes are trialled by our school catering staff and children before they are added to the new menu.

School catering staff attend annual transition events for new pupils and explain the meals which will be available. Parents are encouraged to discuss any dietary needs with catering staff and adaptations are made accordingly.



Packed lunches

Packed lunches brought in from home should aim to include:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous.
- 1 portion of fruit and 1 portion of vegetables or salad
- Dairy food such as cheese or yoghurt
- Meat, fish or another source of protein such as eggs, beans and pulses, humus, falafel

Packed lunches should not regularly include:

- Crisps or crisp type snacks e.g. flavoured rice cakes or cheddars
- Chocolate bars or biscuits
- Items high in sugar such as biscuits, cakes or desserts

Packed lunches should never include:

- Sweets

In recognition of the important environmental drive to reduce plastic waste, we would also like to ask parents to consider packaging when preparing a packed lunch. For example, avoid individually wrapped items, using Tupperware to pack items rather than cling-film, using water bottles rather than cartons of drink.

Snacks

The school understands that healthy snacks can be an important part of the diet of young people. In our EYFS/KS1 classes, fruit is provided during the morning. This changes on a seasonal basis and can include; pears, apples, bananas, satsumas, tomatoes, baby cucumbers, strawberries and raisins.

The school also provides a fruit snack for KS2 pupils and this is made available each morning. All children are encouraged to eat fruit at snack time.



Drinks

Pupils should bring a reusable drink bottle filled with water to school each morning. This bottle will be stored in a designated place in the classroom. Water will be made available to children throughout the day even if they do not have a drink bottle with them.

Children under the age of 5 are entitled to free milk that will be provided by school. Parents of pupils in Key Stage 1 may also choose to purchase daily milk for their pupils by signing up at <https://www.coolmilk.com>.

School trips

Children will be instructed to bring their own packed lunches on trips where food is not provided as part of the visit. However, these lunches must adhere to the same food and drink guidance described above.

Celebrations

The school recognises the importance of celebrating birthdays and special occasions. Birthdays will be celebrated in the weekly school achievements assembly.

For celebration events or special school events (eg. Christmas Parties), we welcome a variety of foods for children to try. Fund-raising events may include the sale of food such as cakes, but the inclusion of other foods will also be encouraged.

Curriculum

Food and nutrition is taught at an appropriate level throughout each key stage in Science, PSHE, RE and Design and Technology.

Additional themed curricular events such as Healthy Schools week will also contribute to our pupils knowledge and understanding about food and nutrition.



Equal Opportunities

The school is committed to doing everything possible to accommodate pupils' specialist dietary requirements including allergies, intolerance, religious or cultural practices. School catering staff will work with parents and school staff to plan for and meet individual dietary requirements. Pupil's food allergies are displayed in a sensitive way in relevant places around the school including the school office and kitchen.

The school expects staff to contribute to and support this food policy across the school day. Staff and visitors will be expected to model good practice behaviour around food and drink and in line with the policy, when in the company of pupils.

Our relationship with parents/carers of pupils at Egginton Primary School is very important and we aim to support them with information and advice around food, so that they are best prepared to make healthy choices for their families. Teaching and catering staff are available on an informal basis to support parents and carers where appropriate.

This policy was approved by the Full Governing Body in July 2021.

It will be reviewed in July 2024.