



BRITANNIA EDUCATION TRUST FOOD POLICY

Adopted: June 2017

Person responsible: CEO

Review period: as required

Reviewed:

**November 2018,
May 2021,
December 2023**

Aims of the Policy

- To promote the health and wellbeing of pupils, staff and visitors in schools within Britannia Education Trust.
- To promote healthy eating habits that lead to lifelong healthy living.
- To ensure the care of pupils who have food related medical conditions such as diabetes, allergies and obesity.

The eating environment

- The dining area is clean, welcoming and nutritionally informative.
- It is fully accessible and inclusive.
- We can provide an allergen-free table should parents wish their child to make use of it.
- Lunch-time supervisors are given appropriate training.
- Staff are offered one free school meal per week, to be eaten in the dinner hall, sitting beside children, to model polite eating, encourage pupils to make healthy choices and promote social interaction and good table manners at the meal table.

School meals

- Food is prepared on site by the trust's catering service staff.
- Pupil surveys feed into the menu choices which are drawn up by the trust's caterers and agreed by senior staff.
- Menus are available on the school websites and can also be emailed to individual parents on request.
- There is an abundance of choice on offer - meat, halal meat, vegetarian options and baked potatoes are available daily along with vegetables, bread, salad bar, desserts, fresh fruit and water.
- The caterers will also provide meals for pupils on special diets (see below)
- Pupils are informed about the benefits of a balanced diet, including eating salad and/or vegetables each day.
- Packed lunches will be provided instead of a meal when pupils attend an educational visit and must be labelled in accordance with Natasha's Law.

Packed lunches from home:

- Healthy foods are encouraged and promoted by members of staff on lunch duty
- Stickers may be given to pupils who bring a healthy packed lunch i.e. include fruit/veg and no crisps or chocolate/sweets
- Information on how to make healthy and varied packed lunches is made available to parents/carers
- We promote the use of reusable containers to cut down on waste
- Chocolate bars, crisps, sweets, fizzy drinks and fast foods are not allowed. Parents may be contacted if their child's packed lunch contains these items.
- Uneaten food will be left in the child's packed lunch box so that parents can see what has been eaten.

Medical Conditions and Food Allergies:

- Pupils who have food related medical conditions or allergies will be identified on admission.
- Where applicable (diagnosed conditions) additional information will be requested by office admin staff and a referral made to the SENCO.
- The SENCO will arrange for a Care Plan via the School Nurse if appropriate and for the caterer to provide a child specific menu if appropriate.
- Care plans are kept in a clearly labelled file in the main office.
- Medicines and epipens are kept in the main office in the labelled first aid cupboard.
- The SENCO will arrange adult support for pupils with diagnosed special educational needs who require feeding or close supervision at lunchtimes.

- The class teacher will be informed, provided with the care plan and will ensure that class activities involving food are safe and appropriate for all children to participate in. Class activities will be discussed with parents of pupils where special arrangements may need to be made.
- The school catering staff will have photographs and dietary details of all pupils who require a special diet.
- Pupils with specific food allergies should have home dinners or packed lunches until such time as the child specific menu is agreed by parents and the caterers.
- Key staff are trained in the use of epipens and care for pupils with diabetes or epilepsy.
- All pupils with special dietary requirements (including halal meat) will wear a lanyard with a dietary label to ensure they receive the correct food.
- It should be noted that while the recipes are nut and seed free, they are unable to guarantee that all of the ingredients are sourced from 100% nut free factories. Their suppliers are also unable to give such guarantees.

Staff Training:

- Staff receive training with regard to the safety protocols implemented to ensure that any food or drink consumed on the premises is safe for all pupils.
- The majority of staff (at least 85% at any one time) will have had asthma, allergy and epipen training and will know how to support children using inhalers and when to administer medicine or an epipen.

Snacks/Water/Milk:

- Water is available at all times and individual water bottles are encouraged.
- Milk is available to under-fives in the classroom.
- Nursery and reception children have access to fruit snacks.
- Fruit is provided free by the Council for KS1 pupils at morning break.

Curriculum:

- Healthy eating and lifestyle is taught through the curriculum.
- Healthy eating options and medical conditions/food allergies will be considered when planning food preparation in class.
- Food hygiene guidelines will be followed when preparing food.

Educational Visits:

- Staff will be aware of pupils with allergies and will, as much as possible, ensure that they are safeguarded against contact with allergens at all times.
- A named member of staff will carry any medicines and epipens necessary for the children present and be in close proximity to the child/ren

Provision for staff:

- There are facilities available for staff to prepare and eat their own food; these include a kitchen preparation area with fresh drinking water, fridge, toaster, oven, microwaves, crockery and cutlery.
- Staff can order school lunches which are chargeable at the fee set by the caterer.
- Staff may eat their lunches with the children or in the staff room but not in their classrooms.
- Staff should wash up and clear away the crockery and utensils they have used and leave the staff room clean and tidy. This is not the cleaner's job.
- Staff wishing to have a hot drink in their classroom must have it in a cup with a lid and keep it in a safe place. Cups with lids are provided by the trust.

Birthdays:

There is no expectation that families will provide birthday treats for their children's class. Where parents choose to do this, one wrapped item only (one sweet or small packet of sweets) per child may be provided. The packaging should be available for checking ingredients. The

class teacher will oversee the distribution of birthday sweets at the end of the day and will check the ingredients for any pupils with known allergies. The children will be instructed not to open the sweet until they have checked first with their parents. Acceptance is optional - children and parents/carers may decline if not wanted. For children with allergies, parents may wish to provide the class teacher with a labelled bag of safe treats that can be given instead of the birthday treats.

Where families choose to ignore this policy and wish to give out party bags they will be asked to do so outside the school gates at the end of the day so that it is clear to all that this is not condoned by the school.

Provision for parents:

- When menus are renewed the trust ensures that they are updated on the school websites.
- Booklets and leaflets with information about healthy packed lunches are available in the reception areas.
- Parents of reception children are invited to accompany their child on their first school dinner experience.

Fasting:

The practice of fasting is voluntary in some religions whilst in other religions it is only obligatory from the age of puberty. It is natural, however, that some children will wish to emulate their elders by fasting for restricted periods of time. The level of observance among children will depend upon the particular individual, family or community. Most parents would not wish their children of primary school age to be fasting on school days, but would rather make this an activity that they participate in at weekends when they can rest or sleep in the afternoons at home and when they can benefit from the experience of fasting as part of a family and a religious community.

The Trust recommends that children do not fast on days when they have P.E., dance or swimming. When children are fasting the Trust expects parents or carers to collect them and take them home at lunch times (between 11:45 and 12:45pm). This is in the best interests of the children, who will be better able to rest, pray and build their stamina for afternoon lessons and activities at school. The Trust fully supports families making such decisions in Years 5 and 6. The Trust would not expect children in Year 4 and below to fast.