





Food Policy

Date Reviewed	25 th March 2021
Signed Headteacher	
Signed Chair of Curriculum & Standards	
Date Revised	Spring Term 2023

Rationale

This Policy has been developed as part of our Healthy School Initiative and should be read in conjunction with the DfE 'School Food in England' advice issued in March 2019.

At Rednal Hill Infant School we recognise the importance of food in our lives. We know that healthy eating is vital for good health and we understand that there is a strong link between a balanced diet and effective learning. We also recognise the importance of food related knowledge in enriching social development, and in celebrating and increasing our appreciation of cultural diversity. Additionally, we recognise that sharing food is a fundamental experience for all people and that it is an excellent opportunity to be sociable and build friendships.

We aim to offer children both social and learning experiences through food, building life skills which allow our children to develop into responsible and healthy citizens. We appreciate the importance of being healthy with life-long healthy eating habits, along with the necessary skills and 'food education'.

Since September 2014 we have been successfully implementing the new government scheme to provide every Reception, Year 1 and Year 2 child with a free school lunch. We are confident that our carefully planned delivery of the new government initiative is having a positive outcome for our children.

We are committed to ensuring all our children have access to a healthy and nutritious diet and have therefore ensured all our children who are entitled to Pupil Premium funding are offered a 250ml carton of semi skimmed milk every day, free of charge. We aim to accommodate pupils needing lactose reduced or milk alternatives.

All under-fives are entitled to milk free of charge until the end of the term in which they turn five as a result of additional government funding.

Aims

At Rednal Hill Infant School we aim to:

- Improve the health of our school community by influencing children's eating habits through increasing their knowledge and awareness of a healthy diet, and how to ensure the food is prepared hygienically.
- To provide access to tasty nutritious food and an easily available water supply throughout the school day.
- To increase the pupils' knowledge of where food comes from, food production, manufacturing, distribution and marketing and how these impact upon their lives and the environment.
- To ensure that food provision in school reflects the ethical and medical needs of staff and pupils e.g. catering for the needs of religious groups, vegetarians, plant based diets and people with specific food related allergies.
- To make the provision and consumption of food an enjoyable and safe experience.
- To ensure that all government statutory standards are met with regard to free school lunches for all infant children (*see DfE requirements for School Food Regulations Updated July 2016*)
- To introduce and promote practices (by all stakeholders) within the school to reinforce these aims.

Objectives

- We will work towards these aims in lessons through a cross-curricular approach, through shared eating times and through social and pastoral activities.
- We will adhere to government guidelines to ensure school lunches meet the necessary standards as well as reflecting the ethos set out in the rationale.

Curriculum

Within the PSHE curriculum, healthy eating, food safety and an understanding of where food comes from will be taught. Where possible, this will also be linked with other curriculum areas such as science and topics, often within our Enquiry Learning sessions or Continuous Provision..

Opportunities to extend the curriculum will be made through:

- Visits to local supermarkets and farms
- Healthy eating projects
- Involvement with our school caterers
- Growing, cooking and baking activities (such as Makers and Bakers)
- School Healthy Weeks
- Children are given the opportunity to taste, touch, smell and feel a wide variety of foods.
- Purposeful learning about different cultures and festivals and the traditional foods associated with them- for example Chinese New Year, Shrove Tuesday, Diwali and Christmas lunch
- Forest School activities

Eating Together

- All children are provided with a piece of fruit each day which is funded by the Government National Free Fruit scheme and they eat this during 'snack time', or throughout the day at the snack table.
- At lunchtime children are encouraged to sit down with others to eat the cooked dinner provided for them free of charge, or a packed lunch.
- Table manners, correct use of cutlery and interaction with others are encouraged

- Cooked meals are prepared on site and the small minority of parents whose children choose not to take up their free meal are encouraged to provide a healthy packed lunch.
- School meals are cooked on site in compliance with School Food Standards and certification is available for every menu.
- Regular meetings are held with the catering staff to review provision and menus are published on weekly newsletters and the school website. Child voice is captured and feedback acted upon.

Health and Safety

- It is part of our normal school procedure that the children will be reminded to wash their hands after using the toilet, before eating and prior to food preparation activities
- Semi skimmed milk and water are provided as a morning drink and water is available throughout the day
- Filtered and chilled water is freely available from central dispensers throughout the day
- Fizzy drinks and sweets are not permitted in school
- Food will be stored in appropriate places

