

# *St Bernadette's Catholic Primary School*

## Food and Drink Policy

### Introduction:

At St Bernadette's we recognise the important part a healthy diet plays for a child's well-being and their ability to learn and achieve effectively.

We believe that as a school, in partnership with parents and carers, we can make a major contribution to improving children's health by increasing their knowledge and understanding of food and helping them to make healthy food choices.

This policy enables us to contribute towards achieving our mission,

*"to ensure a happy and secure learning environment. To celebrate the dignity and worth of all in our community. As a Catholic school to recognise that in loving others we love Jesus and to help each other to achieve our full potential."*

### Aims

Therefore we aim to;

- Increase knowledge and awareness of a healthy diet through our Science and PSHE curriculum.
- Provide safe and nutritious food that promotes health.
- Promote healthy food choices and discourage unhealthy food choices.
- Provide easily accessible water during the school day.
- Be a role model for healthy eating.
- Monitor healthy choices including packed lunches.
- Use a range of opportunities to promote healthy eating.

### Responsibility

It is the responsibility of all staff (teachers, support and catering staff) to implement the food policy and to actively act as role models to demonstrate positive attitudes to healthy eating and to develop pupils' awareness of how to make healthy food choices.

The Lancashire County Council Catering Service and kitchen staff are responsible for providing high quality food that complies with the National Nutritional Food Standards for Schools.

## School Lunches

All our school meals are provided by Lancashire County Council Catering Service and are in accordance with the National Food Standards for Schools. The weekly menus are available in the Reception area and are on display in the dining room. Welfare Assistants and a member of staff ensure that the children can enjoy their dining experience and are encouraged to try new food choices.

## Packed Lunches

We aim to provide consistency between packed lunches and school meals which adhere to the government set national food standards.

Therefore we encourage packed lunches to include;

- At least one portion of fruit and vegetables each day.
- Meat, fish or other source of non-dairy protein (eg lentils, kidney beans, chickpeas, hummus) every day.
- Oily fish, eg salmon, at least once every three weeks.
- A starchy food everyday such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals (wholegrain varieties are best).
- Dairy food everyday such as milk, cheese, yoghurt, fromage frais or soya products.
- A drink everyday such as water, pure fruit juice, semi-skimmed or skimmed milk, smoothies or yoghurt.
- If a pudding is included we ask that it is fruit based eg fruit salad, fruit rice puddings, fruit smoothies or fruit crumbles.

Please do not include;

- Confectionary such as sweets, chocolates biscuits and chewing gum.
- Fizzy or sugary drinks.
- Snacks such as crisps. Try instead salt free tortilla chips, seeds, vegetables and fruit (with no added sugar or fat).

## Special diets and allergies

We recognise that some children may require special diets and/or have allergies that do not allow for these standards to be met. In this case parents and carers must inform school and are responsible for making sure that the packed lunches meet their child/children's requirements.

## Packed Lunch Containers

Parents and carers are responsible for providing a packed lunch container where food items can be stored securely and appropriately until lunch time. Please include a plastic spoon if needed and do not use glass or cans for drinks.

## Snacks

Apple, Oak and Elm classes receive a break time snack of fruit or vegetables. Children are allowed to buy a snack, eg toast or a cereal bar, from the kitchen at morning break. Only healthy snacks are allowed at morning breaktime and fizzy drinks, crisps and chocolate biscuits are not allowed in keeping with our packed lunch policy.

## Out of School Club

The food provided at the Out of School Club is in keeping with our school policy and the National Food Standards for Schools. The Breakfast Club provides cereal, toast and juice and the After School club provides food such as ham sandwiches, beans on toast, ravioli, cheese and crackers. Fruit and water is always available.

## Rewards

We reward children in a variety of ways throughout the school, eg stickers, and do not give sweets as a reward.

## Events and celebrations

We want to give children the opportunity to celebrate their birthdays with their class mates and so we ask you to consider giving a healthier alternative than sweets such as fruit or a non-food item such as a sticker or a pen.

## Water for all

During school meal times only water, low sugar fruit juice and milk will be provided. Please do not send in fizzy drinks in packed lunches.

Children are encouraged to drink water throughout the day. There are water fountains in both key stages and the children are allowed water bottles in class.

Cooled water is available to staff and visitors in the staffroom.

## Monitoring this policy

This policy will be continually monitored by staff, children, parents and governors to ensure that we promote healthy eating and a healthier life style.