



Food at School

DATE APPROVED BY ST. STEPHEN'S PRIMARY SCHOOL COFE PRIMARY SCHOOL	October 2023
REVIEW DATE	Autumn Term 2024
APPROVED BY	Finance & Premises Committee
	Updated Autumn 23

1. Allergens

Our aim is to provide a safe and inclusive environment. We cannot endanger others by exposure to substances harmful to them, even if those substances are not harmful to us.

This policy applies to ALL food. It is followed by everyone including:

- Caterers
- Parents and carers
- Staff
- Pupils
- Organisers and facilitators of clubs and organisations who hire/use school premises

It applies throughout the school community at any time:

- On the school premises
- On day trips and school journeys
- To cakes and other food given or sold to other members of the school community

It includes all food, commercially produced or prepared at home, for example:

- All packed lunches
- Cakes and biscuits for Friday cake sale and Bake-off competition
- All food at the Christmas Market and Summer BBQ
- All snacks before or after school that might be eaten without parental/carers supervision.

The school maintains a list of substances to which other members of the school community may be allergic. The prime food allergen is nuts.

The following are not allowed:

- Peanuts
- Almonds
- Hazelnuts
- Walnuts
- Cashew nuts
- Pecan nuts
- Brazil nuts
- Pistachio nuts
- Macadamia nuts
- Sesame seeds (in whole seed form, e.g. on bread rolls or as an oil ingredient)

- Coconuts. This is not an allergen that is regulated by law and may NEVER be highlighted in an ingredients list on commercial products.

Some examples of foods that are not allowed;

Peanut butter	Nutella	Assorted chocolate boxes containing nuts
Pralines	Flapjacks with nuts	Pesto containing cashew nuts
Rocky road and brownies with nuts	Cereal bars with nuts	Macaroons made with almonds/coconut
Bakewell slices/tarts (almonds)	Bread rolls with sesame seeds	Mince pies containing nuts
Snickers bars	Topic bars	

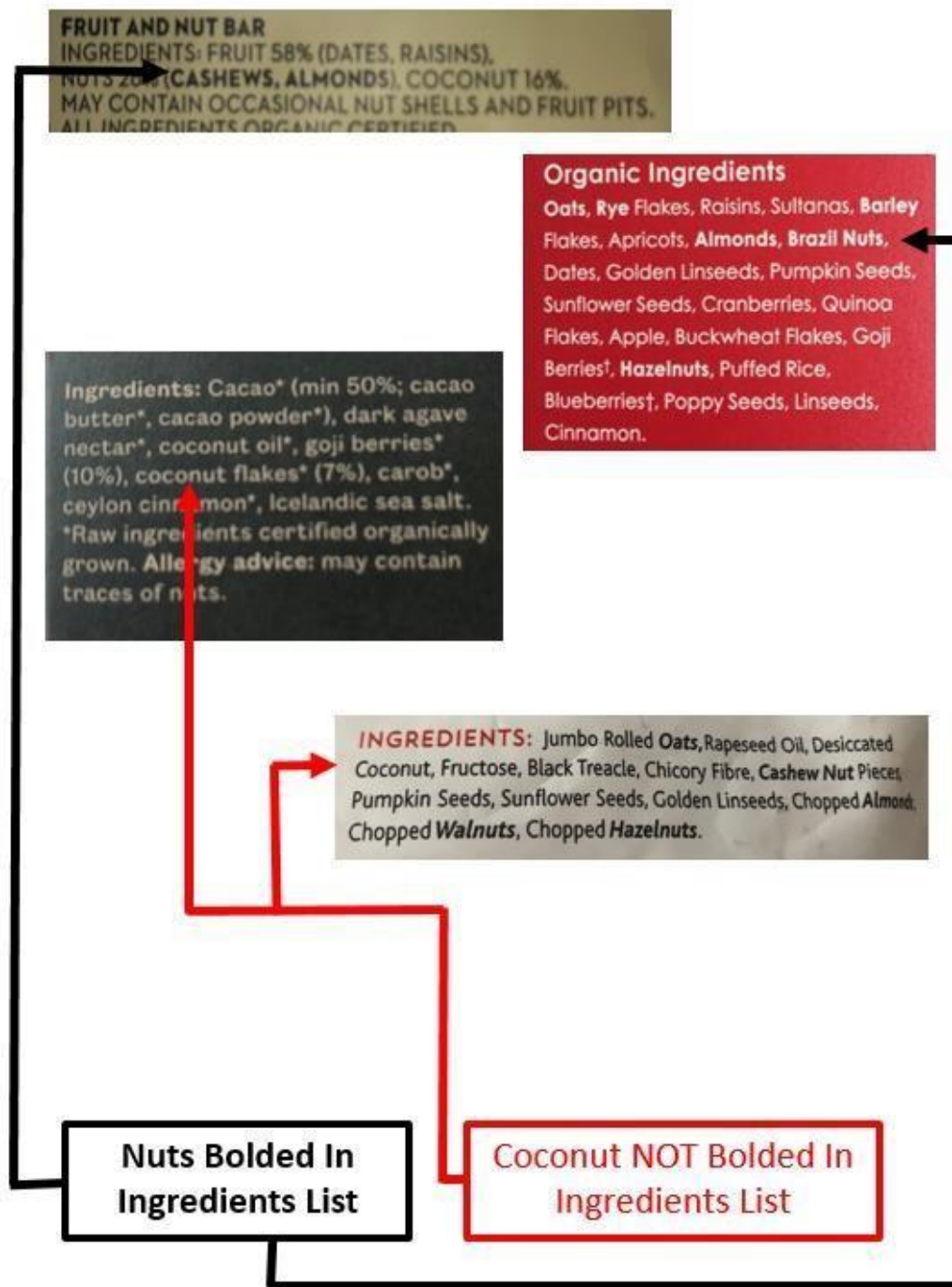
We are aware of other potential food allergens and will update this policy as necessary.

Allergens/nuts will be highlighted in the ingredients list required for most commercial products. Please see the appendix to this policy. Be careful of food produced on shop premises – the ingredients list does not have to be attached to each product. Be especially aware of Coconut (solids or oil) because it is not a regulated allergen.

We do not allow any products that state **‘May Contain Nuts’**.

Some people are sensitive to gluten or milk products. These are not forbidden by the school in the same way as allergens. We help those people to avoid accidentally triggering such sensitivities by labelling food which will or might be offered to them.

This policy is prepared by Crystal Taylor who ensures that the allergen list remains current. It is the responsibility of the Finance and Premises Committee of the Governing Board and reviewed at least every two years.



2. Healthy Snacks

Children in Reception and Key Stage 1 [Infants]

Children will be provided with a healthy snack at break times.

Key Stage Two [Juniors]

Children are encouraged to bring healthy foods to school for break time snacks.

Why is a healthy break time important?

Childhood is an important time to establish good eating and drinking habits for future health.

- School healthy eating schemes give pupils the knowledge and opportunity to make healthier choices.
- Teachers have suggested that a healthy snack at break time can help with pupils' concentration and behaviour in the classroom.
- It encourages suitable drinks and snacks to help prevent tooth decay.
- It helps to meet our target of five or more portions of fruit and vegetables a day.

If a child requires a special diet that will not allow the guidance to be met exactly, please discuss with your school.

Morning Snacks Guidance for parents

We would like to encourage our children to have one of their five a day by including some fruit or vegetables as a snack for their morning break.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, eg apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, eg chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)

To reduce the risk of choking in young children, halve smaller fruits and vegetables like grapes and cherry tomatoes by cutting lengthways.

Not suitable: fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg wound up lengths of dried fruit, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water should be freely available throughout the school day and drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children.

Water: tap water or unflavoured, still, bottled water.

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.

3. School Dinners

We aim to provide meals that are healthy, appetising and appealing to our children. All our school meals are prepared and cooked in our own kitchen using as much fresh, unprocessed and locally sourced ingredients as possible. Our school dinners meet all the national nutritional requirements, with bread, fresh fruit and vegetables, water and a selection of salads available on a daily basis.

We recognise the importance of eating a hot lunch and actively promote them to encourage more take-up by children currently having a packed lunch. The menu is displayed outside the school hall and is on the school website thus enabling parents and children to make informed choices. All lunchtime food is consumed in the hall. Children who take school dinners and packed lunches sit together and staff are encouraged to eat with the children.

No nuts or coconuts are used in any food preparation as the school is a nut-free and coconut-free zone.

4. Packed Lunches

Some children bring packed lunches to school. We encourage parents to provide healthy packed lunches and recommend the British Nutrition Foundation website. We request that they do not send nuts, coconuts, sweets or chocolates in packed lunches. (eg peanut butter, macaroons etc). We do not allow any products that state **'May Contain Nuts'**.

The school recognises that parents provide packed lunches for a variety of reasons, including dietary requirements or intolerance, and religious observance. For this reason, no food may be swapped or shared from packed lunches. Food not eaten in a packed lunch will be taken home by the child to ensure that parents know what their child has or has not eaten. All packaging is taken home to give the children the opportunity to recycle it.

5. Water

Water is freely available throughout the school day to all children and staff. Children are encouraged to bring in water bottles with a sports cap and drink water during the day, especially before and after PE and during warm weather.

6. Food across the Curriculum

There are a number of opportunities for pupils to develop their knowledge and understanding of food throughout the curriculum. We exploit opportunities within the existing curriculum to develop children's skills across different areas.

Food education is taught through Science, Design and Technology, Humanities, PSHE&C, Modern Foreign Languages, Physical Education, Literacy, Maths, Religious Education and Information Technology.

We have a cross-curricular approach to teaching, where year groups choose a theme and thread a range of skills through the topic. Therefore, food technology is embedded in a variety of ways, for example, Indian and Greek food tasting and cooking, healthy eating and living, growing, food chains and wildlife, taking responsibility for their own health and well-being, cultural foods and religious festivals, as well as using mathematical skills, such as measurements and calculations.

Gardening Club is a free club that is open to all children. It enables children to experience many opportunities for learning about how food is grown and provide herbs for use in the school kitchen. It takes place in the playground so that our food growing activities can be viewed by the whole school community.

7. Partnership with children, parents and carers

The partnership of home and school is critical to us in shaping how children behave, particularly where health is concerned. Each must reinforce the other. We also ask for feedback from parents on our food provision through our healthy school programme. We receive feedback from children through the School Council. We have a Comments Form in the School Office for parents and children to record their opinion.

8. Parent Teacher Association

We encourage the PTA to think about the food and drink they provide at school functions. They have agreed to provide fruit juices and water as well as other drinks to children and also offer a selection of healthy snacks for sale as well as sweets. We hope that the input from school and home will help children make the healthier choices.

9. FOSS Cake Sale

Our parent teacher organisation, FOSS, runs a weekly Friday **cake sale** after school. They send out regular messages to parents, asking that all **cakes** donated do not contain nuts, coconut or sesame. However, they point out that many shop bought **cakes** are labelled with the message 'may contain nuts' and given that people bake in their homes they cannot guarantee the **cake sale** is completely 'nut free.' Additionally, parents are notified that any **cake** bought at the **sale** is done so under parental, rather than school supervision. Parents who are not present at pick up, but who give their children money for the **cake sale**, are accepting parental responsibility for any purchases made.

Children who attend our Stars after school club do not attend the **cake sale** but a **cake** is given to them by the Stars team.

FOSS have a separate risk assessment for this event.