

West Ashton Church of England Primary School

WEST ASHTON



SCHOOL



Whole school and Early Years Food Policy

'You will shine among them like stars in the sky.'

Philippians 2:15 (NIVUK)

Statement of Intent:

At West Ashton we understand that what children eat and drink is important, and the habits they develop from a young age will impact their future health. We value the importance of the EYFS in providing children with a nutritious, balanced diet that will encourage them to make healthy, informed choices. We share responsibility with parents to give guidance on health issues and the risks of unhealthy eating practices.

We believe that food can be used in a variety of educational ways. Pupils are encouraged to celebrate holidays, religious festivals, special events and the various foods associated with these events, and are encouraged to experiment with unfamiliar foods.

West Ashton meets the requirements of the standards for schools food in England and aims to maintain these standards across all meals provided.

Legal framework

This policy has due regard to legislation and statutory guidance, including, but not limited to, the following:

- Public Health England (2017) 'Example menus for Early years settings in England'
- DfE (2016) School food in England
- DfE (2013) The school food plan
- The Food Safety Act 1990
- The Requirements for School Food Regulations (2014)
- School Food Plan (2015) 'School Food Standards'

This policy operates in conjunction with the following school policies

- Healthy eating policy
- Allergen and Anaphylaxis Policy
- Health and Safety policy
- Healthy packed lunch Policy
- Complaints policy

Responsibility:

The Academy Council are responsible for:

- The implementation of this policy
- Ensuring that this policy does not discriminate on any grounds, including but not limited to ethnicity, culture, religion, gender, disability or sexual orientation
- Handling complaints regarding this policy as outlined in the school's Complaints Procedures
- Ensuring the setting uses reliable suppliers for the food purchased Policy
- Informing parents who provide food for their children about the storage facilities available in the school.

The Head teacher and EYFS lead are responsible for:

- Day to day implantation and management of this policy
- Reviewing menus and meals times to ensure pupils' needs are being met
- Ensuring equipment is suitable for its use and providing separate facilities for hand washing and for washing up in the kitchen area
- The head teacher has responsibility for ensuring the relevant staff members are trained in basic food safety and hygiene
- Ensuring parents are given adequate notice of any changes to meals, food choices or any other aspect of food provision

All Early Years staff are responsible for :

- Sitting with nursery children while they eat, where required, and being advocates of healthy eating
- Discouraging pupils from sharing or swapping their food in order to protect those with food allergies
- Treating all pupils equally, taking account of the eating practices in their cultures

Parents are responsible for:

- Providing the setting with information on their child's dietary requirements
- Providing specialist food for their child, where they may have an allergy, intolerance or medical need

Food and drink served:

All meals will include a variety of foods from the four main food groups:

- Starchy foods
- Fruit and vegetables
- Meat, fish, eggs and beans
- Milk and dairy products

Foods high in fat, salt and sugar will be limited in line with government guidelines

Portion sizes will be based upon the recommended intake for the age group of the pupils concerned.

Menus will reflect the diversity of the community, with a variety of flavours and textures.

Fridges and store cupboards will be cleaned regularly to ensure they are clean.

Food stored in the fridge will be kept at 5C or lower and where necessary, reheated until piping hot throughout.

Food will be stored in sealed plastic containers, and tin cans will never be stored in the fridge.

Menus will rotate on a three week cycle.

Drinking water will be accessible at all times and pupils will be encouraged to drink regularly.

Milk will be served to EYFS children during snack time.

Eating environment

The eating environment will be comfortable and relaxed. Pupils will be given plenty of time to feed themselves and hold feeding utensils.

Pails will be provided with utensils that are appropriate for their age and stage of development.

Staff will sit with Nursery pupils while they eat and encourage interaction at each table.

Pupils will be observed to ensure they are drinking and eating enough, and staff will be aware of the behaviour that may suggest a child is thirsty or hungry.

Pupils will be encouraged to develop good eating skills and manners.

Meals times will be used to help pupils develop independence, through feeding themselves.

Allergies and special requirements:

Parents will make the setting aware of any allergies their child has and the actions that need to be taken if a reaction occurs.

The school will aim to keep the school a nut free area as our food is cooked on a separate site.

There will be a set of kitchen utensils that are only for use with the food and drink of the pupils at risk of allergic reactions.

Food items containing nuts are not allowed in school.

Learning activities which involve the use of food will be planned in accordance with pupils individual health care plans taking into account any known allergies of the pupils involved.

Pupils are discouraged from sharing or swapping their food with other pupils.

Food provided for pupils with allergies will be managed in accordance with the Allergen and Anaphylaxis policy.

Food bought from home:

Food bought into school from home will comply with this policy and include the foods outlined in the section above.

Food and drink will be appropriately labelled with the child's name and stored safely until needed. Any food that is not consumed during the day will be sent home with the child.

Eating habits:

At meal times, fussy eaters will be seated with pupils that are more adventurous with their food to encourage the adoption of different food preferences.

Pupils will be regularly exposed to new foods in order to increase their liking for, and consumption of, a variety of new foods(providing these meet their specific requirements).

Favourites foods will not be used as a reward to encourage pupils to eat foods they do not like.

Pupils will never be forced to finish everything on their plate. Small servings will be given with the opportunity for second helpings if the first serving is finished.

Food safety and hygiene:

Food will be stored, prepared and presented in a safe and hygienic environment.

Pupils will be taught basic hygiene, such as not eating food that has fallen on the floor and washing their hands before they eat and after using the toilet.

All relevant staff will receive training in food hygiene before preparing or handling food.

All staff involved in preparing food for young pupils, or helping them eat, will be aware of the requirements of the Food Safety Act 1990.

Communication:

Parents will be provided with information on the routine meals and snacks their children are given.

Parents will be given a copy of this policy when their child start to attend the nursery.

Parents will be given regular feedback via the child's key worker on how well their child is eating.

Menus will be given to the parent's on a three weekly cycle.

The school will agree with parents on the methods used to manage fussy eating, ensuring they are consistent with those used at home.

Parents will be encouraged to attend events to celebrate special and cultural occasions.

Monitoring and review:

This policy is reviewed by the Head teacher annually.

Any changes to this policy will be communicated by the head teacher to the EYFS lead and to all staff members.

Parents of pupils of nursery aged children will receive a letter detailing changes to the policy.

Signed by Headteacher



Review date : Jan 2022

Date: Jan 2020