



Christ Church CE (c) Primary School Food Policy

Aims:

Christ Church CE (c) Primary School aims to provide an environment that promotes the health and well-being of pupils, parents and staff by ensuring that all food provision and food messages are healthy and consistent. We recognise that healthier children learn more effectively.

Provision of Food

School Meals:

- Food is sourced from local providers
- School dinners are promoted at the admissions phase.
- Free school meals are provided for all children in KS1.
- Children are encouraged to try different foods each day by the cook and other staff.
- Children are expected to choose one of the main options and vegetables and salad each day.
- A range of dessert options are offered, ranging from fruit, yoghurts, crackers, biscuits and cake.
- Sandwiches with a choice of fillings are on offer daily
- Children eat their main meal before dessert and this is monitored by the members of staff present in the hall.
- Some members of staff then sit with children and eat their meals with pupils.
- The catering staff are informed about children who have special dietary needs or allergies and this information is also displayed in the kitchens, staffrooms and classroom.
- Themed days take place to encourage children to try different food and may be related to a topic or the time of the year.

New Food Standards state:

- That starchy food cooked in fat or oil must not be provided on more than two days each week.
- There is a need to promote variety, with three or more different starchy foods being provided weekly, including at least one wholegrain variety.
- Variety needs to be seen in fruit and vegetables, with caterers needing to ensure at least three different vegetables and three different fruits are provided each week.
- Adequate levels of protein, iron and zinc and increased variety of foods need to be on offer.
- There is a new requirement for a portion of dairy food to be included every day and that lower fat milk and lactose reduced milk need to be made available.
- The amount of added sugar should be controlled.
- No more than two portions of food that has been deep-fried, batter coated, breadcrumb-coated, each week.
- No more than two portions of food which include pastry each week.
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
- Salt must not be available to add to food after it has been cooked.
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoon

Breakfast Club:

- Children arrive in school between 7.45 and 8.45am.



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- The food is prepared fresh on site.
- The food on offer ranges from, cereals and milk, yogurt, white and brown bread, margarine, jam, marmite. Fresh fruit and juices are also available.

After School Club:

- It takes place from 3.15 – 6pm.
- Children are provided with a healthy snack which complies with the food standards.
- For children who attend after school club after 5pm parents can pay for a light supper to be provided, which complies with the healthy food standards.

Snacks:

- A range of fresh fruit or vegetables are offered to children in KS1 during morning break.
- Children in KS2 can bring in a healthy snack to eat during their morning break.

Drinking Water:

- Drinking water is provided in all classes, on tap for children to drink water throughout the day.

Curriculum:

- The formal curriculum develops pupil's knowledge of healthy eating through Design and Technology and cross-curricular links.
- The profile of healthy eating is raised through focus on science and DT topics, healthy food activities.
- In Key Stage 1 and 2 children learn the importance of healthy living in Science, DT and PSHE.
- The message of healthy living is threaded through the New Primary Curriculum and especially through Design and Technology.