

Engayne Primary School Food Policy

Aim

To ensure that all aspects of food and nutrition promote the health and wellbeing of children, staff and visitors to the school.

Rationale

Our school is committed to the reinforcement of healthy eating habits. We follow the national statutory nutritional standards set for school meals and snacks. Our rules set for school food and snacks reflect the national standards. If we are to affect the increasing problem of childhood obesity, a Food Policy is necessary.

In our school children

Have access to water through the day. They can bring water bottles for desks and use the water fountains.

Have an opportunity to buy healthy fruit snacks from our healthy Tuck Shop or bring one in from home (KS2)

Have the opportunity to eat fruit in KS1 from the fruit free scheme

Have knowledge of nutritionally balanced food through our Science/Design and Technology Curriculum, Year group visits and cookery.

Have a welcoming eating environment inside and outside the building.

Snacks for break

Yes please

Any fruit or vegetable (fresh, canned or dried)
Cheese
Plain crackers (e.g. Jacobs, water
Biscuits, Ryvita or crispbreads)
Yoghurt
Fruit/grain bars (not chocolate)

No thank you

No nuts
No fruit winders
No fruit flakes
No chocolate
No sweets/lollies
No sweet biscuits or cookies
No crisps/Mini cheddars/ flavoured
Snackerjacks or rice cakes

Lunchboxes*

Yes please

Sandwiches, wraps, pasta, rice, crackers
Protein such as chicken, tuna, cheese
Any fruit or vegetables (fresh, canned or dried)
Yoghurt/yoghurt drinks
Fruit/grain bars
Water or weak squash

No thank you

No nuts
No sweets
No crisps
No cakes
Anything in the box above

* A small biscuit/cake is allowed in lunchboxes, on Fridays only eg a kit kat.

* Please be mindful of packing too many food items, so portion size is considered.

Monitoring

Governors will monitor through evaluation of in house catering arrangements and breakfast club membership. The leadership team will monitor through consultation with parents and pupils.