

Merrydale Infant School



Whole School Food Policy

Chair's signature.....Mrs Elizabeth Surtees

Head's signature...Mark Tipple-Johnson

Agreed 6th October 2023

Review date.....October 2024

OVERVIEW

We will work to improve the health of the whole school community by equipping pupils and their families with ways to establish healthy eating habits that benefit both themselves and the environment.

We will provide high quality food education and food in school to help ensure food messages are consistent during the school day.

LEADERSHIP:

Our goal; The Senior Leadership Team and Governors will prioritise family health, sustainable food and farming practices.

How we will achieve it

- Ask the whole school community for its opinion on food issues
- Work with the whole school community to develop and review the School Food Policy and Action Plan
- Keep everyone informed about changes to issues that affect food in school
- Build confidence in school food and increase the number of children who have school meals
- Ensure members of staff have up to date skills, knowledge and resources to educate pupils about food.

LUNCHTIME:

Our goal: Children will receive nutritious, fresh, local healthy food at lunchtime.

Packed Lunches - From the 1st July 2019 following a meeting of the Full Governing Body, packed lunches are no longer allowed at the school unless for a compelling medical reason. The school will work with parents and the LTS caterers to ensure children have a healthy choice of school dinners.

School dinners will be delicious, seasonal, affordable and safe (to protect our planet also.)

How we will achieve it

- Provide food of consistent nutritional quality which meets current Government regulations
- Meet the Food for Life Catering Mark standards of 75% of food freshly prepared and address issues of seasonality, animal welfare and sustainable fishing
- Catering staff are involved in school life and have opportunities for continuous Professional Development (CPD)
- Pupils have easy access to drinking water throughout the day, which is separate from the toilet area.

LEARNING:

Our goal: A well planned curriculum that covers nutrition, food hygiene and sustainable and ethical production. To provide practical hands on food education like cooking, growing projects and farm links.

How we will achieve it;

- Help pupils understand the importance of healthy diet and exercise;

The children will be taught:

- The components of a healthy diet
- The importance of healthy eating both now and in the future
- How to design a menu for school/at home lunch/Breakfast/evening meal
- About the cost of menus, food, mainly through role play
- How to weigh and measure
- Food on the plate games
- Food in history

- Give pupils and the wider community, the opportunity to plan, prepare and cook safe, healthy meals
- Give pupils the opportunity to learn about the growing and farming of food and the impact on the environment.
- Encourage pupils to cook and eat with vegetables that they have grown at home or school
- Create opportunities for pupils to get to know local food producers and businesses

SHARING AND CARING:

Our goal: An enjoyable and social dining experience for pupils in school and a lively food culture at school and in the wider community.

How we will achieve it

- Provide an enjoyable lunchtime environment and experience
- Only work with brands and businesses that support the Food for Life aims and comply with Government food standards
- Involve the whole school community in growing, cooking projects and food events to help promote healthy and sustainable food
- Share the lessons we learn about food with other schools and community groups.

MONITORING AND REVIEW:

This policy will be monitored by the School Nutrition Action Group (part of the School Council) and reviewed as required. Reports will be given to the Governing Body termly