



# Plaistow & Kirdford Primary School Food & Packed Lunch Policy

Approved by: Governing Body

Approval Date: Autumn 2012

To be reviewed: Summer 2016

## Aims

One of our school aims is to: Fulfil our duty of care for ourselves and towards others. In line with this aim, our school food policy aims, are:-

- To promote health and well-being within the school community through education about and promotion of healthy eating.
- To develop positive attitudes towards developing and maintaining a healthy diet.

## How this is to be achieved

Pupils are taught about nutrition and food hygiene as part of both the Science and the Technology curriculums and through assemblies and visits from the Life Education Bus.

The school actively seeks out other opportunities to promote healthy eating and to extend the range of healthy foods with which the children are familiar.

Children may bring their own morning snacks to school and these snacks are asked to be 'healthy' and would typically be fruit, dried fruit or vegetable sticks.

All children have the option of eating a hot school meal or bringing in a packed lunch. Chartwells provide our hot school meals and are committed to educating young people about how to have a happy, safe and healthy lifestyle through their "Eat, Learn, Live" set of commitments

"EAT

Our commitment to delight our customers with great tasting food that contributes to their own wellbeing.

LEARN

Our commitment to enhancing the understanding, fun and experience of our customers and teams; creating the knowledge they need to lead a healthy life.

LIVE

Our commitment to a safe and sustainable environment that supports the health and wellbeing of our customers, clients and the wider community."

School precludes certain foods being included in lunch boxes, such as sweets, chocolate bars and fizzy drinks. New parents will be given a copy of the book "Lunch Box Pro" as part of their Welcome Pack from Autumn 2012.

The school has been very pleased to be part of the Government's Free Fruit in School Initiative to provide every pupil in FS & KS1 with a piece of fruit a day. Any spare fruit left over at the end of each week is offered to all KS2 pupils on Fridays.

Due to the allergies that some of our pupils and parents have, we are a “Nut Free” school with every effort being made to ensure that no nuts, or products containing nuts, are brought in to the school.

Fresh water is also available all day to everyone. Pupils are provided with a water bottle at the beginning of each academic year so they can have a drink throughout the day.