

Meltham CE (C) School



School Food Policy

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Approved by:	P White: Chair of Governors		
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1.0 Aims

The aim of this policy is to provide a statement of the school's principles regarding all aspects of food and nutrition. All discussions, decisions and actions concerning food consumption and education should refer to this policy to ensure that they are consistent across the school.

2.0 Roles and Responsibilities

Senior managers and Governors:

- To facilitate the role that the school plays in promoting lifelong health and sustainable food and farming practices
- to ensure that key staff have the required skills to educate the whole school on food and nutrition topics

Staff including catering staff:

- to implement the policy
- to model healthy eating habits to promote their own health and to ensure that messages regarding food are consistent
- to promote the school meal service in order to build the confidence of parents and improve the take-up of school meals, including free school meals
- to support the provision of healthy packed lunches and snacks

3.0 Policy

3.1 Introduction

The food that is consumed in school and the attitude to food sourcing and nutrition have a significant influence on the health of pupils and staff, on the wider community and on the environment. The school aims to provide high quality food education to equip pupils and their families with ways to establish and maintain lifelong healthy eating habits that benefit themselves and the environment.

3.2 Food Education

The school provides a well-planned school curriculum that incorporates nutrition, food hygiene and sustainable and ethical food production, and which is complemented and reinforced by practical hands-on food education including cooking, plant-growing projects and farm links.

This is achieved by:

- Ensuring that pupils develop an understanding of the relationship between a healthy diet and physical activity for their short and long-term wellbeing and health.
- Providing opportunities for pupils and the wider community to acquire basic skills in planning, preparing and cooking healthy meals, and an understanding of basic food hygiene.
- Providing pupils and, where appropriate, members of the wider community with the opportunity to learn about the growing and farming of food and its impact on the environment.
- Providing opportunities for pupils to eat and cook with vegetables that they have grown themselves.
- Creating opportunities for pupils to connect with local producers and food businesses, to help them become intelligent and responsible food consumers.
- Ensuring consistency in messages relating to food throughout the school day.
- Encouraging pupils to bring personal water bottles to school and providing access to fresh drinking water throughout the day that is separate from the toilet area.

3.3 Food quality and provenance

It is important that pupils and staff have the opportunity to receive nutritious, fresh, local and organic food at lunch and throughout the school day, and that this food is good quality, seasonal, affordable and safe. The school works with the catering staff to

ensure that this is achieved. All food provided throughout the school day is of a suitable consistent quality and meets the government food-based and nutrient-based standards. Catering staff are involved in the life of the school and given opportunities for continuous professional development.

3.4 Food Culture and Community Involvement

The school believes that it is important to create an enjoyable and sociable dining experience for pupils in school, and a lively food culture within school and its wider community.

This is achieved by:

- Providing an enjoyable lunchtime experience and environment.
- Involving parents and guardians with developing a healthy approach to packed lunches and snacks in school.
- Ensuring that there is no collaboration with businesses that require endorsements of brands or products that are high in fat, sugar or salt.
- Promoting a good understanding of healthy and sustainable food in families and the wider community through the involvement of parents and community groups in growing and cooking projects and food events.
- Sharing the learning experience on food issues with other schools and community groups.

4.0 Appendices