Shiplake C.E. Primary School
Memorial Avenue
Shiplake , Oxon
RG9 4DN
0118 940 2024
office.3810@shiplake.oxon.sch.uk

'Where there is no guidance, a people falls, but in abundance of counsellors there is safety' . Proverbs 11.14

Food and Drink Policy

Statement of intent

Our school regards snack and meal times as an important part of the school's day. Eating represents a social time for children and adults and helps children to learn about healthy eating.

Aim

At snack and meal times, we both encourage the children to bring nutritious food, and where appropriate, we provide nutritious food which meets the children's individual and religious dietary needs. We encourage the children to develop their communication and social skills via active involvement in snack and meal times.

Methods

Special dietary needs and food allergies

- We use sensitivity in catering for children with specific dietary needs.
- Before a child starts to attend the school, we find out from parents their children's dietary needs, including any allergies.
- We update records of children's specific dietary requirements and keep these in a prominent place in the school office.

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- We annually consult with parents to ensure that our records of their children's dietary needs - including any allergies - are up to date. Parents sign the up-dated record to signify that it is correct.
- We display current information about individual children's dietary needs so that all staff and volunteers are fully informed about them.
- We implement systems to ensure that children receive only food and drink that is consistent with their dietary needs as well as their parents' wishes.

Availability of water

- We have fresh drinking water constantly available for the children and staff. We inform the children about how to obtain the water and that they can ask for water at any time during the day. A school water bottle is supplied to each child at the start of their school career – further bottles can be purchased via the school office.
- A fresh supply of chilled water is available in both Key Stage 1 and Key Stage 2 from mains-fed water fountains. We encourage the children to help themselves to water, either with support or independently.
- We support the children in recognising that they need to drink water when they are thirsty, hot or tired, or feeling unwell.

Morning/Afternoon Snacks

- Children can bring in fruit or vegetables for a morning snack.
- Nuts are not permitted as a snack nor foods which contain nuts.
- Key Stage 1 children receive a piece of fruit daily as part of the Department for Education 'Fruit for Schools' initiative (free of charge).

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School Lunches

School lunches are provided by an external contractor, Food & More (OCC)

- They provide varied, healthy, and adequate meals.
- They plan menus in advance, and we display the menus of meals for the information of parents.
- They provide nutritious food at all meals, avoiding large quantities of saturated fat, sugar and salt and artificial additives, preservatives and colourings.
- They include a variety of foods from the four main food groups:

  - meat, fish and protein alternatives;

  - grains, cereals and starch vegetables; and

  - fruit and vegetables.
- They take care not to provide food containing nuts or nut products and are especially vigilant where we have a child who has a known allergy to nuts.
- If required, they provide a vegetarian alternative on days when meat or fish are offered.
- The School requires staff to show sensitivity in providing for children's diets and allergies. Staff do not use a child's diet or allergy as a label for the child or make a child feel singled out because of her/his diet or allergy.

Natasha's Law

From 1 October 2021, food contractors have a duty to list ingredients on food that is prepacked on the school premises. Within our school, this covers

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packed lunches that are prepared in the school kitchen to take on off-site visits.

These changes are to help anyone with a food allergy or intolerance make safe food choices.

When school prepared packed lunches are required, we will send out a full list of ingredients and allergens to parents prior to ordering to help inform their decision and choices. The prepared packed lunches will be labelled and assigned to each specific child as required.

Packed lunches

- During hot weather, we advise parents to put packed lunches in insulated thermal packed lunch bags and to put frozen ice packs in the bags in the morning. This keeps food cold until past lunchtime.
- We inform parents of our policy on healthy eating.
- Nuts are not permitted nor foods which contain nuts, ie peanut butter sandwich filling
- We encourage parents to provide sandwiches with a healthy filling or nutritious alternatives (eg pasta), fruit, and milk based deserts such as yoghurt. Unhealthy items such as crisps, chocolate bars etc are discouraged

Routines

- We plan snack-time as a regular, pleasant and social event.
- We encourage the children to take turns, share and be polite.
- We encourage common courtesies such as saying 'please' and 'thank you'.

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- We organise meal and snack times so that they are social occasions in which children and staff participate.
- We use meal and snack times to help children to develop independence through making choices, serving food and drink and feeding themselves.
- We provide children with utensils that are appropriate for their ages and stages of development.

Storage of food

- Food is stored in hygienic and clean containers.
- During hot weather, we advise parents to put packed lunches in insulated thermal packed lunch bags and to put frozen ice packs in the bags in the morning. This keeps food cold until past lunchtime.
- Food is always eaten by its sell-by date
- In order to protect children with food allergies, we have a school rule that children should not share or swap their food with one another.

Orig:January 2022
Reviewed:February 2025

Ratified by Performance and Standards Committee – Monday 10th February 2025

3 year review cycle – February 2028