

The British School

Food Policy

Rationale

It is important that we consider the promotion of health awareness in all members of the community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns through break/lunch procedures and information available to parents and carers.

Aims and Objectives

- To ensure that we are giving consistent messages about food and health
- To give pupils the information they need to make healthy choices
- To promote health awareness
- To make food consumption an enjoyable experience

School lunches and packed lunches

We try to ensure that lunchtimes are a positive experience here in school. Children wash their hands prior to eating and good table manners are encouraged. We will encourage children to eat the lunch they have been provided with, however we will not make children eat what they do not want to eat. School meals are provided by two contracted caterers. With every meal there is always fresh fruit and vegetables available for the children. Alternatively, students can bring packed lunches to school with them in the morning and there are heating facilities available if they would like. We ask that children do not share their food and only eat what has been provided for them. Dropping off lunch is not allowed anytime during the day.

Packed lunches should ideally include:

- At least one portion of fruit and one portion of vegetables e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, melon cubes.
- Meat, fish or other source of non-dairy protein e.g. tofu, chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas.
- A starchy food e.g. rice, pasta, noodles or bread, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or curd.
- A drink of either water, fruit juice, milk, yoghurt drink or smoothie.

TOP TIP: If you include a juice box, keep it in the freezer overnight then put it directly in the lunch box - it will have thawed by lunchtime and kept the rest of the food cool.

Our alternative suggestions to snacks such as crisps include:

- Savoury crackers, rice cakes or breadsticks served with a dip.
- Vegetables and fruit.
- Cereal bars.
- Dried fruit.

Our alternative suggestions to snacks such as chocolate bars include:

- Sugar free jellies with fruit.
- Cakes and chocolate biscuits in moderation.
- Fruit, vegetables.

• High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.

Items not permitted in lunchboxes:

- Sugary or Fizzy drinks
- Sweets including chewing gum
- Bars of chocolate
- Large share bags of crisps / chips

Special diets and allergies:

The school recognises that some pupils may require special diets that do not allow for the recommendations to be met exactly. In this case parents are to be responsible for ensuring that packed lunches are as healthy as possible. For this reason pupils are also not permitted to swap food items. Although we are not a nut free school, care is needed due to possible allergies.

Partnership with parents and carers

For health reasons we can not distribute sweets/cakes/biscuits to children in relation to birthdays/leaving gifts. Parents and carers will be regularly updated on our water and packed lunch policies through school Newsletters.

Water for all

Water is freely available throughout the school day to all members of the school community. Every child is encouraged to bring in a plastic bottle to store water in. Regular water breaks are built into the school day and curriculum by the class teachers.

Learning about food across the curriculum

- There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping and preparing food. In Primary, this will be mainly through the IPC with some topics having food as a major focus. In Secondary, Design Technology has a Food technology aspect, subjects such as Geography consider ethical issues surrounding food and it is considered in subjects as diverse as History, Modern Foreign Languages, Science, Mathematics and English.
- There are also whole school events such as Health & Fitness weeks which give opportunities for discussion of healthy living and healthy eating.

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