

**Food and Drink Policy**

MARINE ACADEMY PRIMARY and Nursery POLICIES

VERSION CONTROL SHEET

**POLICY NAME: Food and Drink Policy**

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04.09.17	Food and Drink Policy	TBC	

Our food and drink policy enables Marine Academy Primary & Nursery to develop and maintain a shared philosophy on all issues relating to the consumption of food and drink. It makes a public statement which demonstrates how our Academy cares for and makes a positive contribution to the health and wellbeing of pupils and staff. We strongly believe that mealtimes should be a happy, social occasion for our pupils with positive interactions shared and enjoyed.

## **Aims of the policy:**

- ★ To set out a coordinated approach to food and drink issues in order to increase the availability of healthier options.
- ★ To reinforce appropriate messages relating to food and healthier choices.
- ★ To encourage all aspects of food and drink to be brought together clearly, consistently and coherently, including: Participation in national events and initiatives e.g. School Fruit and Vegetable Scheme, Universal Free School Meals. Provision of food and drink at school e.g. school meals, break time snacks, fluid intake throughout the day.

## **We aim to promote healthy & balanced eating by:**

- ★ Encouraging pupils to choose a variety of foods to ensure a balanced intake in line with the national nutrition guide.
- ★ Encouraging foods that are rich in vitamins, iron and calcium, in particular fruit, vegetables, meat, beans, bread and low fat dairy products.
- ★ Encouraging starchy foods as a source of energy (such as bread, pasta, rice and potatoes) rather than fatty foods.
- ★ Encouraging fruit juices, lower fat milk and sugar-free drinks.
- ★ Promoting the consumption of water throughout the school day.
- ★ Promoting healthy break time snacks.

## **Food and Drink consumption throughout the school day**

- ★ At Marine Academy Primary & Nursery we believe that the subtle messages that pupils receive about food and health from the daily life of school are as important as those given during lessons, e.g. our menus, peer pressure to eat certain snacks in packed lunches. By working together, we promote healthier eating habits.
- ★ There will be free water accessible for all pupils throughout the Academy day and in the Early Years, pupils have access to milk. Catering
- ★ All Academy meals are cooked on site and to order.

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- ★ Menu choices for the week are displayed in the Pchool hall and on the parent board in the Nursery in addition to being sent home to parents and being available on the Academy website.
  - ★ All children are given a portion of vegetables as part of their meals. They are encouraged to try some, even if it is a small portion. Incentives are provided to increase the uptake of school meals and to encourage pupils to eat their lunch.
  - ★ Due to the large difference in calorie requirements between the ages of pupils, portion sizes are adjusted accordingly.
  - ★ A vegetarian option is available on the menu every day for any pupils who require this.
  - ★ The school encourages pupils to try out school lunches. Our catering arrangements mean that children can have a school lunch on any day they wish.
  - ★ All children in Reception and Key Stage Ones are able to have a free lunch under the Universal Infant Free School Meals scheme.
  - ★ The Academy recognises the particular value of school meals to children from low-income families. The system for free school meals for children in other year groups is actively promoted to parents / carers by the school and a non-discriminatory process is emphasised.
  - ★ In the Primary school, digital registration of pupils allows them to choose what they are having for lunch first thing in the morning. Wrist bands are handed out to the children which denote their selection. Pupils are supported in making their choices each day and the options discussed. In the Nursery, parents choose and inform the Keyworker of their choice.
  - ★ Pupils are only permitted to drink water during break times and lesson times throughout the school day.
  - ★ Pupils can take their water bottles outside at break times and have easy access to water in their classrooms.
  - ★ Pupils may bring a different drink to have at lunchtime as long as it is not a fizzy / sugary drink. Suitable options would include fruit juice, squash or milk drinks in cartons or plastic bottles.
  - ★ Pupils are encouraged to water particularly after PE, active play and in hot weather.
  - ★ Water is provided from taps in the classrooms. These areas are clean and sanitary.

- ★ Schools Fruit and Vegetable Scheme We participate in the School Fruit and Vegetable Scheme for our infant children. Children have their piece of fruit or vegetable at mid-afternoon each day. The selection of fruit and vegetables provided is wide. Children are encouraged to try different things and most eat something every day.
- ★ The school adheres to the welfare requirements connected with food as outlined in the Statutory Framework for the Early Years Foundation Stage (2016).

### Wraparound Care

- ★ Breakfast Club: Marine Academy Primary & Nursery operates a breakfast club which is open to all pupils five mornings a week.
- ★ Breakfast is provided and centres around healthy choices including toast, yoghurt, cereals and fruit, addressing the National Food Standards.
- ★ After School club offers pupils freshly cooked, nutritionally balanced meals in accordance with national guidelines and recommendations.
- ★ Training is provided for staff where appropriate in issues such as food preparation and nutritional standards.