



## REDLAND PRIMARY SCHOOL FOOD POLICY

Reviewed by	Sarah Billett (PSHE/Healthy Eating Lead) and Becky Dixon (Catering Manager) March 2025
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# Redland Primary School Food Policy

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## Rationale

At Redland School we are committed to giving all our children consistent messages about all aspects of health to help them understand the impact of particular behaviours, and we encourage them to take responsibility for the lifestyle choices that they make.

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to children and their families with regard to food and healthy eating patterns. Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment that supports a healthy lifestyle. The school supports the '5 A Day' campaign, and encourages children to eat at least five portions of fruit and vegetables a day. This has been shown to reduce the onset of life-threatening conditions, as well as being helpful in tackling and preventing childhood obesity.

## Aim

To ensure that all aspects of food and drink in school promote the health and well-being of pupils, staff and visitors to our school.

## Objectives

- To ensure that we are giving consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical and mental development of all members of our school community

## Snacks

As part of the government initiative, Foundation Stage and KS1 children have a snack of seasonal fruit or vegetables available to every pupil for their afternoon snack. All children have easy access to drinking water and are encouraged to have their water bottle in the classroom. All children are encouraged to bring in a healthy snack for their breaktime – the school regularly monitors this. The school kitchen also provides freshly made, healthy snacks which can be ordered daily.

## School Meals

Redland School recognises the benefits of providing a well-balanced, hot school meal for children in the middle of the day and would recommend to parents that this is the best option but a healthy packed lunch can be provided as an alternative. Meals are prepared and cooked on site by Redland kitchen staff who aim to follow all relevant and up to date guidelines regarding healthy foods and nutrition. We work on a four weekly menu rotation, making sure that we work within the guidelines of the school food standards. We aim to use fresh locally sourced products as far as possible, including school grown vegetables. There are no nuts or products containing nuts in any of our meals or snacks.

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A copy of the menu is available via the school office, website and is displayed around the school. We also aim to provide healthy school meals for any dietary needs/food intolerances.

## **Packed Lunches**

We recognise that some parents may wish to provide a packed lunch for their child from home. We would ask that parents take note of the following guidelines set out by British Nutrition Foundation when preparing their packed lunches:

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread sandwich, pitta bread, crackers, pasta, rice
- Small portion of lean meat/fish or vegetarian alternative
- Fresh fruit or vegetables
- A portion of dairy food, e.g. cheese, yoghurt
- A drink – fruit juice or water

In addition, the school requires that parents do not include the following items in packed lunches:

- Sweets or chocolate bars
- Fizzy/sugary drinks
- Any foods containing nuts

And ask that parents keep the following items to a minimum:

- Crisps or any pre-packed savoury snacks high in salt and fat
- Sweet cakes
- Chocolate covered biscuit and cereal bars

**We aim to provide all our pupils with the opportunity to eat a healthy, balanced meal.**

## **Eating Environment**

Redland School will provide a safe and healthy eating environment for pupils, staff and visitors. We will provide a clean and sociable environment to eat in. In doing so, the school requests that children adhere to the following rules:

- All children are required to sit at a table to eat their lunch
- Children are encouraged to eat all, or at least try to eat most of the food provided, either by the school or in their lunch box (this will be monitored by MDSAs)
- All leftovers/litter from lunch boxes will be taken home so that parents can see what their child has eaten
- MDSAs and other school staff will help children who have concerns during meal times
- Children are expected to behave well whilst eating their lunch and to be polite and well-mannered throughout

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- Children are to clear away their plates/trays and leave their area in a reasonably clean and tidy condition

The MDSAs will reward children for good meal time etiquette and good behaviour with stickers and certificates.

## **Healthy Eating**

Redland School includes work associated with healthy balanced diets which is in line with the National Curriculum. This is mainly covered within Personal Social Health Education (PSHE) in the Healthy Me unit.

## **A Balanced Diet**

At Redland School we also recognise that snacks and treats can be enjoyed as part of a healthy balanced diet (if eaten occasionally) and believe that this is an important message to reinforce to our children. At times we may promote these treats, for example at Christmas parties, school discos, as part of class marble treats as well as by holding cake sales as part of our fund raising. However, the overriding message is that healthy lifestyle choices help to maintain a healthy body.

## **Monitoring and Evaluating**

- The PSHE/Healthy School lead and Catering Manager will monitor and evaluate these objectives to ensure that they are being met.
- Regular meetings between the Catering Manager and school council to discuss further ideas
- Questionnaires sent home to parents to evaluate the provision of school meals.