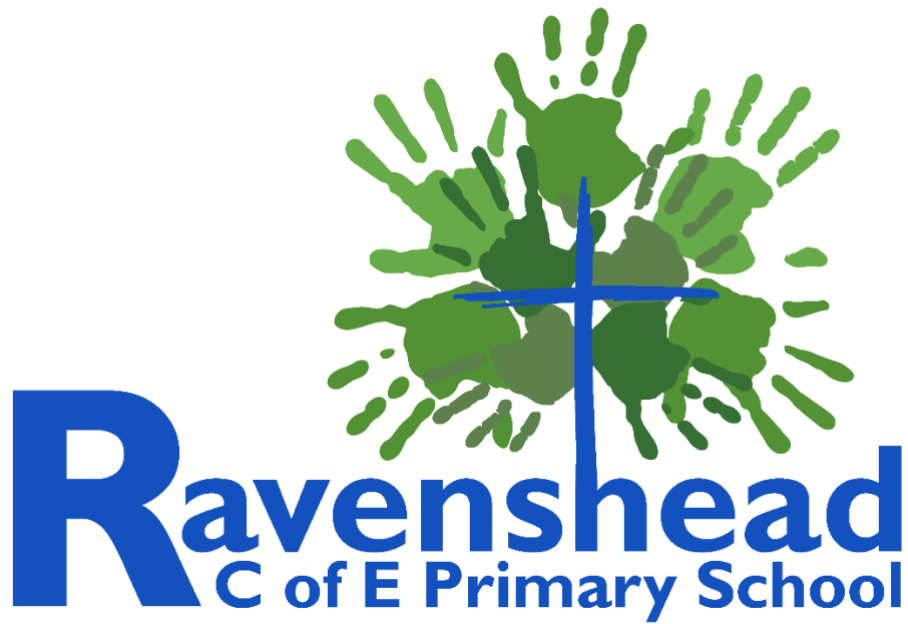




Food Policy

This policy was reviewed: October, 2025.

This policy will be reviewed: October, 2026.

Statutory policy: No

Our School Vision Our school vision is based on the theme of 'Taking Care'.

We strive to encourage our children, staff and wider community to 'take care' of one another through the core Christian Values of: Kindness, Hope, Courage and Respect.

Our vision is inspired by the words in Corinthians: "Let love and kindness be the motivation behind all that you do." (1 Corinthians 16.14)

Ravenshead C of E Primary School is committed to valuing diversity and to equality of opportunity. In biblical tradition, children in particular are seen to hold a special place in the priorities of God. Furthermore, we hold to the foundational belief that all people are created in God's image and are intrinsically valuable.

Everyone should be treated as fundamentally precious, irrespective of behaviour, achievements or potential. Therefore, we aim to create and promote an environment in which pupils, parents/carers and staff are treated fairly and with respect and feel able to contribute to the best of their abilities.

The school's biblical foundation provides a model of Christian community described as the 'body of Christ', in which everyone has a part to play, and everyone without exception has God-given gifts which are to be used for the benefit of others.

Introduction

In Ravenshead C of E Primary School, we are committed to ensuring that safe and healthy practices around the storage, preparation and service of food are maintained throughout the school.

Ravenshead C of E Primary School is dedicated to providing an environment that promotes healthy eating and enables pupils to make informed choices about the food they eat.

All staff handling food are appropriately trained and we make use of guidance published by the Food Standards Agency (FSA).

Our aim is to meet dietary and cultural requirements, to provide children with snacks which promote children's growth and development.

Fresh drinking water is available to children throughout the day and milk if requested.

Parents are asked to inform us of any dietary requirements during registration. Where dietary preferences are based on non-medical needs, parents may be asked to supply suitable alternatives in sealed, labelled packaging. All food provided for snack is Vegan friendly and nut free which supports in catering for most allergies.

Food Policy Aims

The main aims of our school food policy are:

- To enable children and young people to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
- To provide healthy food choices throughout the school day.

In food and nutrition education, as in all other areas of the curriculum we recognise the value of the individual and strive to provide equal access of opportunity for all.

These aims will be addressed through the following areas:

Curriculum

Food and nutrition is taught at an appropriate level throughout each stage through Science and DT based topics.

In Early Years children are offered skills snack to support motor skill development and personal and social skills.

1. To enable children and young people to make healthy food choices through the provision of information and development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.

Food and Drink Provision Throughout the School Day

School Meals - From 2006 new food-based standards apply to school lunches. These ensure certain types of more nourishing foods are served more frequently and also define foods which are no longer allowed or are restricted. Food prepared by the school catering team meets the new food-based standards and nutritional standards for school lunches. Suggestions for menu changes or meal improvements are made by School council or Food for Life Group (SNAG).

School Fruit and Vegetable Scheme (Foundation-year 2) - The school is participating in the School Fruit and Vegetable Scheme, and provides all children aged between 4 and 6 with a free piece of fruit or vegetable each school day. Key Stage 2 children are encouraged to bring a healthy snack into school, and have access to a snack shop run by the school catering team.

Rewards and Celebrations - As part of a Healthy Lifestyle a balanced diet is encouraged. This may include occasional rewards such as sweets.

School Visits - All food and drink provided to pupils for off-site visits during a school day (up to 6pm) meet the Government standards for lunch and non-lunch foods. On residential visits we endeavour to ensure that all food provided meets the food and nutritional standards.

Drinking Water - The national nutritional standards and standards for healthy school lunches states that drinking water should be available to all pupils, every day, and free of charge. The school agrees with this and encourages children to bring in water bottles from home. Children are reminded to drink water.

Food and Drink Brought into School

We promote a NUT FREE school environment

Snacks/ Morning Break - The school understands that snacks can be an important part of the diet of children and young people and can contribute positively towards a balanced diet. Children can be hungry mid-morning. The school's snack policy is to encourage healthy choices at break time (as suggested under fruit section). In addition, the school chef provides a range of snacks that can be purchased at first break.

Packed Lunches Brought to School by Pupils - The school encourages parents and carers to provide their children with healthy packed lunches. This is achieved by using the principles of the Eatwell Plate. A leaflet for parents, giving guidance on providing a healthy packed lunch, is available from the school. Parents and pupils are encouraged to avoid too many processed and sweet foods when making up lunch boxes. They are encouraged to re-use containers and re-fill drinks bottles. The school provides water at lunchtime for all pupils. Hot liquids are not permitted.

Special Dietary Requirements, Allergies and Intolerances

The school provides food in accordance with pupils' medical needs, religious beliefs and cultural practices. School caterers offer a vegetarian option at lunch every day. When necessary, the school also provides a vegan option.

Individual care plans are created for those pupils with food allergies. These document symptoms and adverse reactions, actions to be taken in an emergency, and emergency contact details. School caterers and staff are made aware of any food allergies/food intolerance and requests for special diets are submitted according to an agreed process. Children with allergies wear a coloured wristband to help ensure that they are given the correct meal.

The school caters for all children's specific dietary needs. These are established at registration and include allergies and/or food intolerances. Staff are made aware of children's specialist requirements, and some children may require individual care plans to keep them healthy and safe. To help us manage the risks associated with food allergies or intolerances the nursery will;

- Gather information from parents at registration
- Establish the level of risk associated with the allergy/intolerance eg. low, moderate, severe
- Ensure all allergies and intolerances are known to all staff by displaying these in the kitchen area
- Maintain excellent food hygiene practices

Staff training includes:

- Recognising signs of allergic reactions and anaphylaxis
- Attending to a child who is choking

- Administering emergency medication (e.g., EpiPen)
- Reading food labels for allergens
- Cross-contamination prevention

Guidelines for Safe eating issued by the Food Standards agency for children under 5 is followed by practitioners and shared with parents.

Vegetable and fruits	Advice
Pips or stones in fruit	Always check beforehand and remove hard pips or stones from fruit.
Small fruits	Cut small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes, into small pieces: cut lengthways and then again cut them in halves (quarters).
Large fruits and firm fruits	Cut large fruits like melon and firm fruits like apple into slices instead of small chunks. For very young children, consider grating or mashing firm fruits, or softening them up by steaming or simmering.
Vegetables	Cut vegetables like carrots, cucumber and celery into narrow batons. For very young children consider grating or mashing firm vegetables and legumes like butter beans, chickpeas and tofu, or softening them up by steaming or simmering.
Skin on fruit and vegetables	Consider removing the skin from fruit and vegetables, especially for very young children. Peeled fruit and vegetables can be swallowed more easily.
Cooking fruit and vegetables	Consider softening firm fruit and vegetables (such as carrots, broccoli, yam and apples) by steaming or simmering until soft. Serve cut into slices or narrow batons.
Meat and fish	Advice
Sausages and hot dogs	Cut sausages and hot dogs into short strips. Cut them in half and then lengthways or as thinly as possible. Peeling the skin off the sausages helps them to be swallowed more easily.
Meat or fish	Remove bones from meat or fish. Cut meat into strips as thinly as possible. Remove skin and fat from meat and fish, it will help the food pass smoothly down the throat.
Cheese	Advice
Grate or cut cheese	Grate or cut cheese into short strips. Cut lumps of cheese as narrow as possible.
Nuts and seeds	Advice
Chop or flake whole nuts	Chop or flake whole nuts, peanuts and seeds. Whole nuts should not be given to children under five years old.
Bread	Advice
White bread and other breads	White bread can form a ball shape with a dough-like texture at the back of a child's throat, if not chewed properly. Brown bread or toasted white bread are good alternatives. Cut bread, chapatis, naan bread and other breads into narrow strips.
Snacks and other foods	Advice
Popcorn	Do not give babies and young children popcorn.
Chewing gum and marshmallows	Do not give babies and young children chewing gum or marshmallows.
Peanut butter	Do not give babies and young children peanut butter on its own, only use as a spread.
Jelly cubes	Do not give babies and young children raw jelly cubes.
Boiled sweets and ice cubes	Do not give babies and young children boiled, hard, gooey, sticky or cough sweets, or ice cubes.
Raisins and other dried fruits	Do not give babies under the age of 1 whole raisins or dried fruits. Cut them into small pieces.

Good Food Hygiene

At Ravenshead C of E Primary School we adopt a number of practices to ensure we maintain good food hygiene.

These practices can be categorised under the 'four c's':

Cross-contamination

To prevent cross-contamination of produce we:

- Ensure food has been delivered safely and that the packaging is still sealed.

- Always wash hands with anti-bacterial soap and hot water before and after handling food, using the toilet or changing nappies.
- Wash all surfaces and chopping boards with disinfectant
- Use clean, disposable cloths.
- Store food correctly (see additional notes on food storage)
- Do not participate in food preparation if unwell
- Wear correct clothing eg. Aprons
- Hair must be tied back
- Avoid wearing jewellery, especially rings, watches and bracelets
- Cover any cuts, spots or sores on the hands and arms with a waterproof dressing

Cleaning

It is crucial for the health and safety of all children and adults that the kitchen and snack area is cleaned regularly and to a high standard. Healthy practices are also put in place, these include:

- All hands must be washed before and after handling food
- Children are to wash their hands before eating
- All surfaces, chopping boards and equipment are washed before and after use to kill bacteria
- Ensuring all storage units, kitchen drawers, the fridge and freezer are cleaned regularly
- Spills to be wiped up immediately and food picked up off the floor to avoid any hazards
- Tables and chairs are wiped with an anti-bacterial spray.
- Floors are brushed and mopped as soon as possible after meals.
- Sink and draining board and surfaces are wiped.
- A bin bag must be used in the bin.
- The bin must be emptied at the end of each day.
- Towels must be washed after each use.
- Utensils and plates must be washed in the dishwasher on the hottest cycle at the end of each morning.

Chilling

Storing food properly helps stop harmful bacteria from growing. At Ravenshead C of E Primary School we adopt a range of systems to ensure our food is delivered and stored safely and ready for consumption. These include:

- Using a reputable, well established food provider (Fruit for schools)

- Checking food is properly chilled on delivery
- Putting food in the correct storage place eg. fridge, freezer, cupboard
- Storing food correctly in the fridge and in cupboards

Cooking

In order to ensure food is safe for consumption it must be cooked properly. This helps kill harmful bacteria

- Consistently check the use by dates on all products
- Consistently check the cooking instructions and ensure they are maintained
- Ensure food is cooked through properly before serving

Food Storage

Inadequate storage can result in cross-contamination, food spoilage and the build-up of potentially harmful bacteria. All food must be examined carefully to ensure that it is ready for consumption before being prepared, cooked and served. At Ravenshead C of E Primary School we adopt a range of practices to ensure food is stored safely. These include:

- Ensuring the storage area is well ventilated and well lit
- Ensuring food items are well rotated, so older items are eaten first
- Storing non-perishables together eg. cereals, dry pasta, bread, biscuits
- Ensuring the fridge temperature is consistently below 5 degrees

Fridge Organisation

It is essential that food is stored correctly in the fridge to prevent cross-contamination. Food should be stored in the following way as much as possible:

- Top shelf: ready to eat foods (dairy)
- Drawers: fruit and salad

Food in the Curriculum

Effective teaching requires our pupils to develop their understanding of healthy eating issues and appropriate skills and attitudes to assist them in making informed decisions. Teaching methods adopted offer a rich variety of opportunities for participatory learning and include:

- Links with science curriculum – designing Healthy menus and lunch boxes.
- Links with DT – cooking, making healthy meals.
- Discussions in cooking sessions.
- Baking sessions.
- Themed cookery.
- Instructions in English, e.g. How to make a sandwich.

- Cooking in the forest on a fire.
- Early Years Skills snack

Children should learn simple personal hygiene and food preparation rules.

Food Handling, Preparation, and Hygiene

Children must wash their hands before any cooking activity.

They are taught skills to clean tools after use (these will also be dish washed at the highest temperature available after use).

Tools

Children should be trained to use tools safely from an early age. Children are suitably supervised depending on the level of risk when using different tools. With practice, children will develop skills and therefore competency, which means the level of supervision could be decreased. Only their teacher will know when to reduce supervision. It is also essential that the supervising adult (teaching assistant) is also competent and capable of carrying out the required level of supervision.

Monitoring and Review

This policy will be reviewed **annually** or in response to:

- Changes in food safety legislation
- Updates from the Food Standards Agency (FSA)
- Environmental Health inspection outcomes
- Parent or staff feedback
- New allergen advice or best practice guidance