

# Philpots Manor School



## Provision of Food & Drink Policy

**Written by:** TH

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**Approved by:** SMT

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#### 1. Aims

- To provide an environment that promotes healthy eating habits and enables learners to make informed choices about the food they eat.
- To recognise the important part that a healthy diet plays in a learner's wellbeing and their ability to learn and achieve effectively.

#### 2. Legislation and statutory requirements

This policy is based on the Requirements for School Food Regulations 2014.

#### 3. Application

##### **We are a nut-free School**

This policy covers the areas of:

- Break time snacks including those brought from home
- Milk
- Water
- School lunches including packed lunches
- Curriculum
- Before and after school clubs and events
- Events and celebrations
- Off-site activities and trips

##### 3.1 Break Time Snacks

Any break time snacks should be fruit or vegetables only.

##### 3.2 Milk

Lower fat milk is available for drinking during the day.

##### 3.3 Water

Drinking water is available throughout the day for all learners and staff. Everyone will be encouraged to drink water at frequent intervals. Learners are encouraged to bring a refillable water bottle to school every day which they can access throughout the day.

Learners are discouraged from bringing any other drinks into school; water is available for any student bringing a packed lunch to school.

### **3.4 School Lunches Including Packed Lunches**

All school meals will be prepared following the government nutritional guidelines, as stated in the Public Health Report, published in 2014, by Public Health England and the NAHT. A hot cooked meal is available for every student every day free of charge, and learners are encouraged to eat the school meals.

Staff will work with the learners to provide a clean, safe, attractive, and appropriate dining area. Learners are encouraged to be independent during the meal and to clear up after themselves by tidying their plate and cutlery away.

Parents will be encouraged to provide healthy packed lunches in line with the school food standards.

### **3.5 Curriculum**

Food, its production and preparation is an important part of the curriculum for all pupils and is taught across the curriculum through science, PSHE and PE. The school also holds wellbeing events where healthy eating forms a part.

### **3.6 Before and After School Clubs and Events**

Food provision at any breakfast and after school club held at the school is compliant with the National School Food Standards.

### **3.7 Events and Celebrations**

Learners are asked not to bring in sweets or cakes to celebrate their birthdays or other celebrations. The school encourages healthier treats such as fruit and vegetables or ice lollies.

### **3.8 Off-site Activities and Trips**

Where possible staff are encouraged to request a packed lunch for any off-site activities or trips which will be prepared in line with the school food guidelines.

## **Appendix 1: School food standards:**

[School food standards practical guide](#)