



Food and Drink in School Policy

Issue number	3
Date approved:	Autumn 2023
Review date:	Autumn 2025
Changes:	
Acceptable snacks in school	

Ropley Primary School recognises the important role that healthy food and drink plays in the good health and learning potential of our pupils. The school aims to make the lunchtime dining experience and all food provided at other times, such as at our Extended Day facility, a healthy, nutritious and pleasant one.

We will follow the guidelines set out by the Governments Healthy Eating Standards. Further information can be found at: <https://www.gov.uk/government/publications/standards-for-school-food-in-england>

Compliance with these guidelines is mandatory for all maintained schools.

Children in Key Stage 1 and Early Years are eligible for Universal Infant Free School Meals although they can, of course, bring a packed lunch from home if they prefer. Free school meals (other than Universal Infant Free School Meals) are available to children of families who are eligible. All arrangements for these free meals are made in confidence for both parents and children. Please speak to the school office staff who will be able to advise you.

As part of our Personal and Social Education, we teach children about healthy eating. All the children in Years R, 1 and 2 are offered a piece of fruit as a mid morning snack which is provided by the Government's free Schools Fruit and Vegetable Scheme. We ask that if KS2 children bring a snack from home that it is healthy and our preferred option is a piece of fruit, such as an apple or a banana. We do, however, recognize that there are other snacks that are healthy, such as:

Rice cakes, some cereal bars, cheese etc.

These are acceptable examples of a healthy snack. **We do not accept crisps or chocolate as a snack and no food should contain nuts.**

All children have access to their water bottles throughout the school day and these can be refilled as required from the classroom taps. Parents are also able to opt in to provide their child with milk at snack time. Please ask the school office staff for more information regarding this service.

School Lunches:

Our school lunches are provided by HC3S who offer freshly cooked, nutritious meals each day for your child which encourages children to develop positive eating habits from an early age. They meet or exceed the current UK Food Standards and they have the Soil Association Food for Life Bronze award for all of their primary schools.

Meals brought from home:

We recognise the benefits of a well-balanced school meal for children in the middle of the school day and ask that if parents provide a packed lunch from home it is made up of the following:

- A portion of starchy food eg; sandwich, pitta bread, crackers, pasta or rice
- Fresh fruit and vegetables eg; apple, banana, orange, tomatoes, carrot sticks, etc
- A portion of milk or dairy food eg; cheese, yoghurt etc
- A portion of meat, fish or alternative eg; ham, chicken, quorn, cheese, tuna, egg, etc
- A drink eg; fruit juice, milk or water

We ask that the following foods are included in moderation only:

- Crisps or savoury snacks
- Cakes or biscuits
- Cereal bars

We ask that you do not include the following:

- Sweets
- Chocolate
- Fizzy drinks
- Nuts and nut based products of any sort

We will make any necessary adjustments to accommodate pupils with particular requirements such as dietary, medical or cultural needs.

Extended Day Provision

Children who attend our Extended Day provision (Breakfast Bees and The Hive) will be provided with healthy and nutritious food that meets the required nutritional standards for schools. All staff who handle the preparation of food are qualified in Food Handling and Hygiene. Food purchasing, preparation, service and storage meet the appropriate standards for food safety and sanitation. All food, which needs to be kept chilled, is put on the appropriate shelf in the fridge and eaten before its sell by date. Before children are admitted to the setting, parents must also complete a registration form which allows information about any special dietary requirements, preferences and food allergies that the child has, and any special health requirements to be catered for.

Breakfast Bees

Food offered to children who attend Breakfast Bees will include, but is not limited to:

- Toast (50/50 bread), bagels, crumpets, muffins etc
- Porridge
- Cereal (reduced sugar)
- Fruit Juice, semi-skimmed milk or water
- Fresh fruit selection

- Cooked eggs
- Bacon sandwiches (once a week only)
- Natural yoghurt

The Hive

Food is offered to children who attend our after school club facility where they are encouraged to choose at least one portion of fruit and one portion of vegetable. Options include, but are not limited to:

- Bread or toast (50/50 bread), wraps, pitta bread, bagels, rice cakes etc
- Fresh fruit and vegetable selection such as apples, oranges, bananas, carrot sticks, tomatoes, cucumber sticks etc
- Soup
- Homemade pizza
- A selection of sandwich fillings which include but are not limited to ham, chicken, cheese, marmite, cheese spread, tuna and sweetcorn, egg etc
- Natural yoghurt
- Fruit loaf or malt loaf
- Fruit juice, semi skimmed milk or water

Food such as biscuits, confectionery, crisps, bread sticks and cakes are offered rarely. Crackers are offered with a dairy product only and as part of a meal. Foods high in fat or deep fried are not offered.

The school and our Extended day provision promotes healthy eating through regular cooking activities, which encourage children to think about the food that they eat, and to try different food. Cooking food, which the children then eat, is a regular and popular part of our Extended day provision. Children are also part of the weekly meal planning and request new foods to try, such as mango and pineapple for example.