



## **Riverside Junior School**

### **Whole-School Food Policy**

#### **INTRODUCTION**

Riverside Junior School is dedicated to providing an environment that promotes healthy eating and enables staff and pupils to make informed choices about the food they eat. This will be achieved by the whole school approach to food and nutrition as documented in this whole school food policy.

The policy was formulated through consultation between members of our School Nutrition Action Committee, staff, governors and pupils.

#### **FOOD POLICY AIMS**

The main aims of our school food policy are:

- 1: To enable staff and pupils to make healthy food choices through the provision of information and the development of appropriate skills and attitudes.
2. To provide healthy food choices throughout the school day.

**These aims will be addressed through the following areas:**

#### **EQUAL OPPORTUNITIES**

In healthy eating, 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.

#### **CURRICULUM**

Food and nutrition is taught at an appropriate level throughout the school.

#### **FOOD AND DRINK PROVISION THROUGHOUT THE SCHOOL DAY**

Free drinking water is provided throughout the school day.

Our school lunches are prepared fresh daily with locally sourced, fresh ingredients that include a range of certified organic produce with at least one product that meets the Fairtrade standards.

Our Tuck Shop provides a range of snacks in line with the School Food Plan, a new set of standards launched by the Department for Education in January 2015.

The school discourages the consumption of snacks high in fat and sugar at break-time and lunch-time and does not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement are used in school.

The school encourages parents and carers to provide children with packed lunches that are nutritional and healthy. The School Nutrition Action Committee, are in the process of writing a Packed Lunch Policy to further support the school's commitment to healthy packed lunches.

### **SPECIAL DIETARY REQUIREMENTS**

The school caterers offer a vegetarian option at lunch everyday. When necessary the school can provide a vegan option and also provide food in accordance with pupils' religious beliefs and cultural practices. School caterers are made aware of any food allergies/food intolerances and requests for special diets are catered for.

### **FOOD SAFETY**

Appropriate food safety precautions are taken where food is prepared and adequate storage and washing facilities are available. Food handlers undergo appropriate food hygiene training and suitable equipment and protective clothing are provided. Any food safety hazards are identified and controlled.

### **MONITORING AND EVALUATION**

The School Nutrition Action Committee will review the Whole-School Food Policy annually. An annual report will be provided to governors.

### **REVIEW**

Date policy implemented:

Review Date: