



**Hasmonean Primary School**

## **FOOD POLICY**

(Summer Term 2013)

### **Aims**

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

### **Rationale**

To reinforce appropriate messages relating to food and nutrition, especially in the light of the major threat to health caused by childhood obesity

To aim to improve the health and well-being for all members of the school community

To fulfill Government requirements on 'New Standards for School Food'

### **Objectives**

- To increase knowledge and awareness of food issues including what constitutes a healthy and balanced diet, and hygienic food preparation and storage methods.
- To promote a balanced diet and promote the enjoyment of all food, in moderation.
- To promote the idea of eating '5 a day' of fresh fruit or vegetables
- To work with the Local Authority in supplying 'hot dinners' in accordance with Government nutrition guidelines
- To celebrate different foods for different religious occasions
- To promote 'drink to think' and the drinking of water to prevent dehydration
- To ensure that the formal curriculum regarding food and nutrition issues is up to date and consistent throughout the school.
- To continually look for ways to maintain a positive interest in food and nutrition
- To provide parents with information, as available and necessary, to inform about nutritional issues
- To promote awareness of Jewish dietary laws.

## Guidelines

Food and nutrition to be taught in the formal curriculum ie in science, technology, PSHE in line with the school curriculum map.

Participation in national events such as National Fruit Scheme, Healthy Schools Standard, Sainsbury's Active kids etc

All foods brought into school must be '**nut and sesame free**'.

Only 'milky' and 'pareve' foods may be brought onto the premises (apart from the 'meaty' hot lunches provided by the LA)

**All food brought into school must be in accordance with the School Kashrut guidelines attached.**

### Hot Lunches

Hot 'meaty' lunches are provided, 3 days a week, through the 'Kedassiah' Kitchen in Barnet. The menu is designed to meet the Government Nutrition-based standards and will always include vegetarian options.

### Packed Lunches:

Packed lunches should reflect the promotion of a varied and balanced diet, including at least 5 portions of fruit and vegetables per day. This should include bread and enable the children to wash and bensch.

**Plain Crisps** may be included and eaten for lunch (as this is often the only form of carbohydrate some children will eat), but other 'treats' may only be eaten on special occasions such as class parties, siyumim etc

### Snacks:

Snacks at break times may be of **fruit, vegetables, biscuits or crackers** only.

On Rosh Chodesh and on a short Friday, **plain crisps** may also be eaten

Biscuits, popcorn, cakes, chocolates, fruit, dried fruits and crisp-type snacks may be sent in for birthdays, class parties and siyums. (All items to be 'nut free', not home made and in accordance with the school Kashrut Policy).

No sweets or lollipops are allowed **at anytime** in school or on outings.

Chewing gum and bubble gum are not allowed at school or on outings.

Ice-lollies may only be sent in with prior permission from the class teacher.

### Drinks:

The only drinks permitted during the school day are plain water, fruit juice, vegetable juice, soya drink and the milk which is provided by the school to the Foundation Stage pupils.

Water is encouraged to be drunk throughout the school day. All staff and pupils may use water bottles in the classrooms.

Cola and sugary fizzy drinks may **not** be brought in for parties/siyums.

### Outings:

The food policy applies to school outings.

Food taken on outings must be 'mezonos' and disposable.

No food may be purchased on outings.

## Outcomes

- To help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.
- Greater awareness and understanding of eating a healthy, balanced diet throughout the day.
- Greater menu variety in packed lunches and hot meals
- Healthier options for snacks, containing less chemicals or preservatives, encouraged and eaten in school.
- A more positive attitude towards food and well-being.
- Healthier staff and pupils.