

# Newbold School Food Policy

*Date of last review: December 2021 by Mrs J Crissey, Headteacher*

*Ratified by Newbold School Board of Governors, January 2022*

It is recognised that a healthy diet, including plenty of fruit and vegetables, is needed both for healthy growth and to prevent chronic disease, and that too many sugary foods and drinks cause tooth decay.

Seventh-day Adventist institutions promote a healthy, vegetarian diet. Therefore, following these principles, school events such as bake sales, fetes and other functions that involve catering will **serve only vegetarian and vegan foods**. It would therefore be helpful for everyone to take note of this policy whenever food is brought for such events as these.

## Allergies

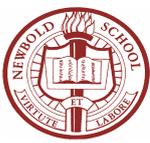
Some children suffer allergies to particular foods and must follow a specific diet. In such cases, parents need to inform the school at their earliest convenience so that members of staff are made aware. To ensure all children with food allergies are protected in our care, we do not allow birthday cakes, biscuits or sweets to be shared during school hours. Any birthday treats must be distributed at the end of the day, as children leave the premises, so that parents can either give or withhold permission for their child to have the treat. Parents must approve all food given to their child on school premises.

Some pupils may have severe nut allergies and consequently, we do not allow nut products to be brought to school for snacks or packed lunches; the same rule applies to peanut butter or nut products (e.g. Nutella). When a child has a nut allergy, even touching something that has been in contact with nuts could provoke a severe reaction, which could lead to hospitalisation and even death.

Our staff are trained in the use of Epipens in school. Before any activity involving food takes place, permission slips will be sent home for parents to indicate any allergy risks that may apply to their children.

## Staff as Role Models

Although staff may make their own choices about their food consumption in the staff room, they are encouraged to be healthy role models when eating or drinking with the children.



## **Daily Routines**

Pupils from Foundation 1 and 2 are encouraged to bring one piece of fruit and a drink for their mid-morning break. However, the school recognises that younger children may not yet be into a school routine and we will therefore be flexible regarding their needs.

Children should have access to drinking water all day. It is recommended that children from Year 1 upwards have their own bottle of water with their name on it. Personal water bottles are kept in the child's classroom and are taken home at the end of each day to be washed and cleaned.

## **Lunch Boxes**

We believe that a healthy lunch box should contain low sugar, low salt foods that are nutritious for young growing children. We recommend that sweets, cakes and biscuits be avoided, as they contain high levels of fat and sugar. Snacks, such as crisps, that have high salt and fat content should also be kept to a minimum. The recommended salt intake for a school child is 3-5 grams per day. An easy way to avoid a higher intake of salt is to avoid salty snacks.

Cereal and fruit bars are often promoted as healthy alternatives to chocolate bars; however, these can also be damaging to teeth, are often high in fat and calories and commonly contain nuts; we therefore suggest that these be treated as confectionery.

A lunchtime meal should provide a child with approximately a third of their daily nutritional requirements. It is therefore very important to make the contents of your child's lunch box as healthy as possible.

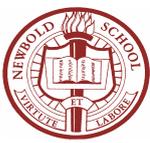
Parents are requested NOT to put nuts and nut products in children's lunchboxes as some children within the school have food allergies.

## **Food safety management system for handling food in school**

All staff who handle food for children (eg. at snack time or during cookery sessions) must have first completed online training in food hygiene.

While Newbold School does not offer a school lunch service, there are times when lessons include cooking and eating and also when the PTFA arranges party meals and bake sales. It is therefore incumbent on staff and helpers to take note of the following regulations.

Newbold School adheres to the 2006 UK food hygiene regulations. These include:



- Regulations EC No 852/2004 on the hygiene of foodstuffs
- Food Hygiene (England) Regulations 2006
- Food is bought from reputable stores/suppliers
- Use of a cool bag/box with ice-packs to carry high-risk foods to school in hot weather
- Ensure that raw and cooked / ready-to eat foods are carried in separate bags to prevent cross contamination
- Store eggs in the fridge
- Decant food from open cans into other containers
- Check the temperature of the fridge to ensure that it is less than 8 degrees C
- Clean fridge once a week using anti-bacterial spray
- Check the temperature of the freezer to ensure that it is -18 degrees C or below
- All work surfaces to be cleaned and disinfected regularly ie countertops, chopping boards and sink areas
- Always wash hands before handling any food and if possible use gloves to serve
- No food to be used after its “use by” date
- Use different chopping boards and knives to keep raw and cooked foods separate
- Always ensure that food is cooked thoroughly to a minimum of 75 degrees C
- Always follow the cooking instructions on the package carefully
- Never dip fingers into food to taste it; always use a clean spoon
- Do not use a tea towel to dry your hands; always use a separate towel
- Cover all burns and cuts with a waterproof dressing
- Dish cloths can harbour bacteria; it is good practice to use paper towels to clean surfaces
- No one who has had diarrhoea, vomiting, stomach cramps, fever, nausea and headaches within the last 48 hours should be in contact with food preparation
- Grapes are the perfect size to get stuck in a child's windpipe so they should be cut in half lengthways to avoid choking.