



PLYMOUTH COLLEGE PREPARATORY SCHOOL

Including Early Years Foundation Stage and Holiday Club

FOOD POLICY

This policy applies to the food and drink provided within the classroom, not the school lunches provided by a catering firm. Parents are informed of the school lunch choices both through the home/school contact book and the menu displayed at school. Children are encouraged to independently choose and eat a healthy selection of foods for their lunch.

Aims

- To ensure all staff, parents, carers and children are aware of the school's approach to food and drink and learning about and through food within the classroom setting
- To ensure parents and carers are provided with the knowledge and information they require about the food and drink provision at the setting
- To ensure the children receive consistent messages about healthy eating
- To cater for religious, medical or specific dietary requirements wherever possible

Our policy aims to link all the requirements of the Early Years Foundation Stage and encourage healthy eating.

The children have access to drinking water at all times, they are able to bring a named drinks bottle containing water to school or cups are available for staff to provide drinking water when requested.

The children are asked to bring a healthy snack for morning break. Early Years and Infant pupils also bring a snack for after school, especially if the child is attending aftercare. We have a strict no nuts policy and request that sweets and chocolate are not provided. If a child forgets their snack the school will provide an alternative in the infant department. In the Early Years and Infant departments this snack will be eaten in the classroom with adult supervision and milk is available for Early Years children, as well as water for the children as required. The children are allowed adequate time for the snacks to be consumed. Children are encouraged to wash their hands before snack and lunch.

A fridge is provided in the Early Years department so that yogurts and other perishable products can be stored at the correct temperature, the temperature is monitored and recorded twice on a daily basis. These foods are labelled.

The area where the children eat is clean and cutlery and plates are available when required.

Food and drink play an important role at special occasions and events. Children can bring in a birthday cake to share with their peers but we request this is free from nuts. This cake is shared amongst the children who would like it. During other celebrations such as Diwali and thanksgiving, food may be provided by the staff to provide opportunities for children to learn about other cultures and religions. Our children are encouraged to try new foods.

Learning about food is part of our curriculum and is addressed through the various topics throughout the year. This may include preparing and cooking foods in a hygienic environment. Parents are asked to sign a consent form allowing their child to taste various foods when appropriate.

Parents are asked to disclose any food allergies the children may have when joining the school and on an annual basis.

Staff members are allowed hot drinks within the classroom if they are in a cup with a lid.

If parents/staff have any concerns over food and drink provided by both the school and catering firm they should approach the Head of Early Years.

Children who are very particular with their food choices will be involved in conversations with their parents on the selection and quantities of food eaten.

We will keep up to date and refer to the welfare requirements and new allergen requirements for food and drink using the Children's Food Trust website, www.childrensfoodtrust.org.uk and the EU Food Information for Consumer Regulation (EU FIC)

The food policy will be monitored and implemented by all members of the Early Years Team. The Head of Early Years is responsible for reviewing this policy. The Head of Early Years and the Food Technology teacher have a relevant Food Safety qualification.

Please see our Food Technology Policy for further information about this curriculum area.

K Wills
Head of Early Years

January 2018
Review date: November 2018