

# **St. Andrew's C.E. Primary School** **Food Procedures and Guidelines**



## **Break Time**

As part of the NHS Fruit and Vegetable Scheme, each child in R/KS1 receives a free piece of fruit or vegetable. This provides one of their 5 A Day portions whilst also helping to increase awareness of the importance of eating fruit and vegetables, encouraging healthy eating habits. All teachers distribute the fruit in class groups, often during a story time or circle time, which helps to encourage a sharing, calm, social time. It also allows them to incorporate the scheme into teaching and learning.

### **SFVS and the school day**

The fruit and vegetables are delivered to school three times a week to ensure freshness. Depending on the season, there is a choice of:

- bananas
- apples
- pears
- carrots
- tomatoes
- easy-peel citrus fruits, such as satsumas

All the fruit and vegetables are washed before they are handed out by a designated staff member before the school day begins.

KS2 children are encouraged to bring in healthy snacks to consume during their break time, such as fruit, vegetables or plain biscuits/flapjack bars. Children are not allowed to eat crisps or chocolate during this time.

## **Lunch Time Arrangements**

### **Hot meals**

Hot lunches are prepared on site in the school kitchen by Autograph Catering and the menu options are distributed in advance. The lunches are on a rolling three-week cycle with varying options.

In place:

A choice of vegetables

A choice of salad at salad bar

A choice of main meal – vegetarian option

A choice of pudding with fruit option

Bread offered

Water offered

Children make a selection from Main (often meat) and Vegetarian – this is recorded by class teachers onto a spreadsheet located on the server; this is then passed onto the kitchen in order for them to prepare adequate numbers of meals.

Allergies and special diets are catered for and the kitchen are aware of any special dietary needs.

### **Packed Lunches**

There are also guidelines for lunchbox contents:

No fizzy drinks

Only juice or water

No sweets

Children must eat their sandwiches first then fruit and or yoghurt before any biscuits.

### **NUT-FREE SCHOOL**

St. Andrew's is a nut-free school so any products containing nuts (and sesame due to additional allergies) are not allowed to be bought into school or consumed on the school premises.

The MDSAs perform regular spot checks to assess the overall lunch box contents. Reminders go to parents via the Week Ahead if too many sweet or fatty foods are found in lunchboxes.

### ***Curriculum Links***

PSHE

Obesity – bad habits/ unhealthy eating.

Obesity and anorexia – emotional aspects of food and drink.