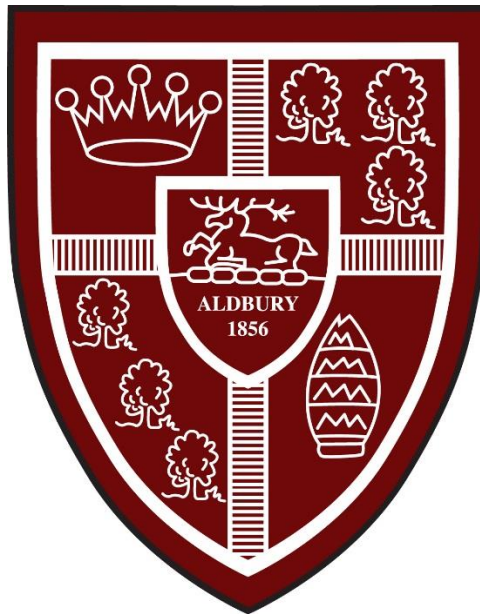


# Aldbury C of E Primary and Nursery School



**‘To live life in all its fullness’ (John 10:10)**

## Food in School Policy

Approved by: FGB	Date: March 2025
Last reviewed on: March 2025	
Next review due: March 2028	



## **Aim**

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

## **Objectives**

- To ensure that we give consistent messages about food and health
- To give our pupils the information they need to make healthy choices
- To promote health awareness
- To contribute to the healthy physical development of all members of our school community

## **Snacks**

Children in EYFS (Nursery and Reception) and KS1 are offered fruit each day from the free fruit scheme. KS2 children can bring in a snack of fresh or dried fruit or a vegetable eg carrots sticks for break time.

## **School lunches and packed lunches**

All our school meals are provided by Herts Catering who have a healthy food policy as part of their tender. Where possible, this includes fresh fruit and vegetables each day as a choice for the children. They provide a hot and cold option, both of which pay regard to nutritional balance and healthy options. Menus are sent home to parents so that they can discuss with their children what they are going to choose to eat.

## **Packed lunches**

As an alternative to a school lunch you may choose to provide your child with a packed lunch. We do not allow sweets, chocolate bars and fizzy drinks to be part of packed lunches.

To ensure our children are ready for afternoon learning it is important that they refuel with a nutritious and healthy lunch.

This may include: sandwich, wrap, crackers and cheese or even a pasta salad.

In addition:

- Fruit
- Yoghurt
- A packet of crisps
- A small cake or biscuit

## **Allergies**

**There are also children in our school with nut allergies, touching or eating these items may provoke a severe allergic reaction.**

**Since this condition can be life threatening, we are asking for your help in minimising the risk to the children by:**

- a) No peanuts in school lunches
- b) No peanut butter sandwiches, or other spreads containing nuts such as Nutella and snacks/bars containing nuts



- c) Reminding children that they do not share food
- d) Avoiding nut products in home-made cakes and biscuits.
- e) Avoid bringing in tubs of sweets such as “Celebrations” (even if the chocolate containing nuts have been removed)

Due to the severity of the problem, it is important that all parents carry out the suggested measures and reduce the risk of the children having an allergic reaction.

### **Water for all**

All children have a water bottle that is filled and put through the dishwasher daily. Water is freely available throughout the school day to all members of the school community. Children are able to drink their water at any time except during Collective Worship. Children also take their bottles to lunch.

Exceptions will be made for special occasions such as school parties and school outings when children will be able to bring juice/squash in their packed lunch.

### **Partnerships with parents and carers**

The partnership of home and school is critical in shaping how children and young people behave, particularly where health is concerned. Each must reinforce the other.