



St Martin's C of E Primary and Nursery School

SCHOOL MEALS AND NUTRITION POLICY

Aims

To provide a nutritionally balanced, two course meal which contributes to the health of pupils and staff and which promotes the benefits of healthy eating to the wider learning community in accordance with Government Nutritional Standards.

To support pupils in understanding that a healthy diet plays an important role in general health and wellbeing.

Achieved by:

- Increasing pupils' knowledge of the benefits of healthy eating as part of a healthy lifestyle through both the taught and the wider curriculum.
- Only allowing children to bring in healthy snacks at break and lunchtimes.
- Encouraging children to grow and cook their own food as part of the wider curriculum.
- Adopting a whole school approach linking with the Healthy Schools Agenda and supporting initiatives which secure the growth and overall viability of the service.
- Setting a price which recognises Devon County Council's guidelines and ensures the costs of the service are managed effectively.
- Cooking meals with fresh and wholesome ingredients secured locally wherever possible.
- Ensuring that staff preparing, cooking and serving meals are suitably trained and understand the basic principles of nutrition.
- Providing facilities which are safe for children, staff and visitors and which promote positive social interaction, allowing meals to be eaten in pleasant and safe surroundings.
- Ensuring, wherever reasonably practicable, that meals meet the special dietary requirements of all pupils and staff.
- Ensure an equitable provision for those entitled to free school meals which encourages maximum uptake.
- Ensuring that the meals provided for the children provide high quality nutrition and appeal to the children.
- Ensuring that fresh drinking water is readily available during the luncheon period and throughout the school day.

Objective:

To ensure the School Meals and Nutrition Policy is understood and made readily available to all those involved in the safety and wellbeing of pupils.

Further information on the new standards for school meals can be downloaded from the School Food Trust website: www.schoolfoodtrust.org.uk.

REVIEW TERM: TWO YEARS

Adopted: 15th May 2012

Reviewed: 17th March 2014, 22nd June 2016, 23rd April 2018.