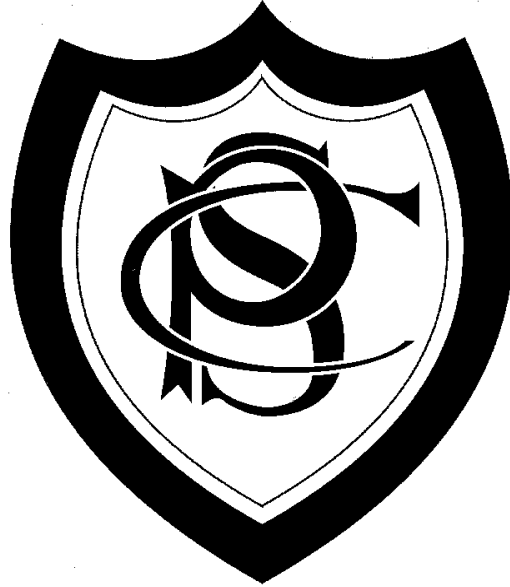


CAVERSHAM PRIMARY SCHOOL



Whole School Food Policy

Date: September 2017

To be reviewed: September 2019

The Governing Body, staff and pupils believe health is important and eating a well-balanced diet improves behaviour, emotional well-being and learning. In Science and PSHE lessons, the lessons are designed to improve the pupils' knowledge and understanding about what bodies need to grow and be healthy. Adults model healthy choices in food and drink with the children.

Guidelines

Pupils enjoy a snack at breaktimes. The infant pupils are provided with fruit or vegetables every day by the Government Healthy Food initiative. They are given this at the end of the day. Infant and Junior pupils can also bring a snack from home for morning break.

The following foods are encouraged for breaktime:

- Fruit** - such as grapes, apples, oranges, bananas, dried fruit
Vegetables - such as tomatoes, carrots, celery sticks
Drink - Water or milk

The Government requires all schools to provide lunches that meet the children's nutritional needs. Packed lunches must do the same:

For lunch:

- Bread** - bread, bread rolls, pitta bread, bread sticks
Crackers - Ryvita, Cream Crackers, Water biscuits, Oat cakes, Rice crackers
Fillings - Cheese, cold meats, Tuna, cheese spreads, marmite
Drink - water or milk

These foods contain fat, salt or low sugar, so should be kept to reasonable levels:

- Savoury snacks** - Potato crisps, corn snacks, cheese straws;
Drinks - Fruit juices, low sugar squashes,

Pupils may not bring chocolate, sweets or 'fizzy drinks' for their snack or lunch.