

## Thomas Johnson Lower School

### Food and Drink Policy for

#### 1. Purpose

The purpose of this policy is to promote healthy eating habits among children, ensure food safety, and provide a positive dining experience that supports our vision to "dream, discover, flourish."

#### 2. Scope

This policy applies to all food and drink provided on school premises, including meals, snacks, and beverages served during school hours and at school events.

#### 3. Objectives

- To encourage healthy eating and drinking habits.
- To ensure that all children have access to nutritious food and drink options.
- To educate children about the importance of balanced diets and healthy choices.
- To accommodate dietary requirements and preferences.

#### 4. Nutritional Standards

- **Balanced Meals:** All meals provided will include a variety of fruits, vegetables, whole grains, and protein sources, adhering to the government's School Food Standards.
- **Portion Control:** Portion sizes will be appropriate for the age group to promote healthy eating without waste.
- **Beverage Choices:** Water will be freely available at all times. Sugary drinks will be limited, and milk or water will be the primary beverage options.

#### 5. Dietary Requirements

- **Allergies and Intolerances:** Parents will be required to inform the school of any dietary restrictions or allergies. A clear communication plan will be established to ensure that all staff are aware of children's needs.
- **Cultural and Religious Needs:** The school will accommodate cultural and religious dietary requirements, ensuring inclusivity in meal options.

#### 6. Education and Engagement

- **Nutrition Education:** Regular lessons and activities will be integrated into the curriculum to teach children about healthy eating, food origins, and the benefits of nutritious choices.
- **Involvement of Parents:** Parents will be encouraged to participate in workshops and discussions about healthy eating, fostering a community approach to nutrition.

## 7. Food Safety and Hygiene

- **Hygiene Standards:** All food preparation and serving areas will adhere to strict hygiene standards to ensure the safety of all food served.
- **Training:** Staff involved in food preparation will receive training in food safety and hygiene practises.

## 8. Monitoring and Review

- **Feedback Mechanism:** Regular feedback will be sought from children and parents regarding food and drink options, allowing for continuous improvement.
- **Policy Review:** This policy will be reviewed annually to ensure it remains relevant and effective in promoting healthy eating within the school.

## 9. Implementation

- **Responsibility:** The Headteacher and designated staff will oversee the implementation of this policy, ensuring adherence and making necessary adjustments based on feedback.

October 2025

Review October 2027