

# FARADAY SCHOOL



## LUNCH AND DRINKS IN SCHOOL POLICY

### **Aims of Faraday food policy**

- to ensure that all children have access to healthy food in school, to support their performance in school and improve their concentration
- to encourage children to make balanced and informed choices with regard to food and drink
- to make parents aware of the eating and drinking regime at the school, so that they can take this into account when preparing packed lunches, and when planning the other meals of the day

### **Food and drink at Faraday**

Every day at Faraday, there is a lunchbreak of around 45 min and 2 snacktimes (one in the morning and one in the afternoon), each of around 15 mins. Children may not eat at other times of the school day. Water is freely available in jugs in the classroom for the children at all times of the day.

#### **Lunchtime:**

At lunchtime, children sit at tables in the classroom to eat their packed lunches. The children are not permitted to share their food with the other children. During lunchtime, a member of staff supervises the children and usually eats at tables with them. The aim is to encourage eating and drinking (and so we discourage talking!).

Children should be provided with food which they can open and eat on their own. For example, if the child is not able to peel a satsuma, it should be provided in segments in a suitable container. Similarly, the child should only be given yoghurts in pots which he can open. If the child requires cutlery, this must be provided in the lunchbox. Every child must bring a paper napkin/sheet of kitchen roll in his lunchbox every day.

Any food which is not eaten will be returned in the lunchbox. This is so that parents can see how much the child has eaten that day.

#### **Snacktime:**

At each snacktime, the school provides a cup of milk or water, and a plain Rich Tea biscuit.

### **Afterschool club**

For those children who stay at the afterschool club, water and/or milk are provided. Please provide a healthy snack for your child alongside this.

### **Contents of the lunchbox**

We encourage parents to provide a healthy and balanced meal for their child at lunchtime.

The following items are not permitted in lunchboxes:

- fizzy drinks, and other sweetened drinks (but fruit juices are fine)
- confectionery (eg. sweets, chocolate bars, chocolate biscuits)
- crisps
- cakes

Pupils who bring in healthy and balanced lunches may sometimes be rewarded by having their photographs taken (eating their lunches) and the photos may be used to create a "We are a healthy eating school" display in the entrance hall.

### **Birthdays, celebration days and events**

Children may bring in a cake (and candles) to share with their class on their birthday. If the cake contains nuts, please tell the school. Each child will be offered a small slice of birthday cake. If you do not wish your child to have cake, please let the school know. No other birthday sweets or biscuits please!

On certain celebration days (e.g. to celebrate Christmas or Chinese New Year), the school may propose alternative or additional arrangements for food. Parents will be given advance notice of such special days. Likewise, the school may encourage the children to cook items in line with certain cultural events such as Bafi and Eid or chocolate nests for Easter.

### **Special diets**

Please provide the school with written notice of any faith restrictions, clinical conditions or allergies which impose dietary restrictions for your child.

### **Food safety and hygiene**

All children are taken to the washroom by staff, to wash their hands prior to lunchtime and snacktime.

Please be aware that lunchboxes are stored in the corner of the classroom, and there are no chilling facilities available. Please consider this when planning your child's lunch (especially during the warmer months). This is particularly a concern with regard to high risk foods such as raw fish (in sushi), milk and dairy products and certain meat products. Cooler bags and boxes may be used, and also see parents' tips (attached) for other ways to keep the lunchbox cool.

Please bear in mind that food which is returned in the lunchbox at the end of the day has been out of the fridge for the whole school day and should be disposed of accordingly.

The milk supplied to the children at snacktime is kept in the school's fridge at all times.

There are no facilities for food to be heated or microwaved at the school, so please use a thermos to keep food warm. The school will not be responsible in the event of an accident involving hot food/liquids from thermos flasks.

This policy has been created in conjunction with the parents of the Faraday children in April 2010.

**Mrs S Counter**

Head

## Helpful tips and packed lunch ideas – provided by parents for benefit of other parents

- To keep a hot meal or soup warm until lunchtime, use a thermos flask, and fill it up with hot water from a kettle for a few minutes before you put in the hot food
- To keep the contents of a sandwich chilled, use frozen sandwich bread, as it should be thawed by lunchtime. Also some yogurts (eg choobs) can be frozen, and these will help to keep the whole lunchbox cool
- Children love dipping so to encourage them to eat raw vegetables, put in carrot sticks or cucumber, and a small pot of dip, such as houmous or tzatziki; or else include a pot of yoghurt mixed with honey or jam as a dip for fruit (slices of apple or mango etc)
- Ideas for sandwiches: cheese, ham, salami, peanut butter, egg, tuna, smoked salmon, houmous. You can also try pitta bread pockets or fajita style wraps for a bit of variety
- Ideas for hot lunches: soup, pasta with sauce, risotto, baked beans (or whatever is leftover from your dinner the night before!)
- Other ideas: sushi (NB: see food safety message in school policy!), chicken drumstick, raw vegetables (carrot/cucumber/celery/tomatoes), sliced egg, sausages with a dip or in a hotdog roll
- Don't feel you have to fill up the lunchbox every day. Just include what your child is likely to eat. Large portions can be overwhelming for a child who has a small appetite
- If you want to include a drink, provide a juice carton with straw, or get a small bottle which you fill up at home
- Helpful websites to purchase packed lunch size thermos flasks and other useful items include: [www.gltc.co.uk](http://www.gltc.co.uk) and [www.lakeland.co.uk](http://www.lakeland.co.uk)
- Don't worry if your child wants the same every day. It's fine!