



Stephenson School Food Policy

Stephenson School is a healthy eating school; and children should be encouraged to eat healthily at all times. Crisps, fizzy drinks and sweets/chocolate are not allowed in school at any time.

All children should have a water bottle in school each day. They can fill this up from the class taps when necessary. This should come in on a Monday and stay in school until Friday when it will be sent home to be thoroughly washed.

Snack:

A piece of fruit, no fruit bars or fruit sticks. Dried fruit is acceptable eg raisins. If your child cannot peel an orange, please cut it into quarters for them and similarly if they cannot peel a satsuma please do it for them until they are able to do it for themselves. A small slit with a knife at the top of a banana is often useful to help them peel it.

Lunch:

Please be realistic about what your child can eat. If your child is a fussy eater, small amounts are good to start with.

Children should have a sandwich, meat, rice or pasta salad. A chicken drumstick or cold meat with some raw vegetables is also fine. Some children bring in sushi or thermos flasks filled with soups or hot dishes which is also completely acceptable. If they need cutlery, they should bring it in themselves. Sandwiches should be savoury, not sweet ie no jam/honey/chocolate spread. Pesto can be brought in as a sauce for pasta but not nuts or products containing nuts for health and safety reasons. Children can bring in savoury but not sweet biscuits. Puddings should be yoghurt (not chocolate flavoured) or fresh fruit/fruit salad. No jelly or custard please.

Birthdays:

We recognise that Birthdays are important milestones in the life of the children and are happy to celebrate these when they fall on a school day. Small cakes or biscuits can be brought to share with classmates, but we ask that both home-made and commercial goods are nut-free.