



Healthy Eating Policy

Aim

Here at R.G.P.S we strive to provide a healthy, nutritious and balanced lunchtime meal for all pupils, staff and visitors to the school.

As a Health Promoting School, our aim is to encourage and develop positive attitudes towards food and a healthy diet. We recognise the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school, we also recognise the role the school can play, as part of the wider community to promote family health and an understanding that balanced nutrition contributes to a person's health, happiness and general well-being.

Objectives and Guidelines

- To improve the health of pupils, staff and the whole school community by helping to influence eating habits through increasing knowledge and awareness of food issues including what constitutes a healthy diet.
- To ensure pupils are well nourished at school and that every pupil has access to safe, good quality, nutritious and tasty food and a safe, easily available supply of drinking water during the school day.
- KS1 children receive fruit through the national fruit scheme.
- KS2 children are encouraged to bring in fruit to eat at break time. No sweet or confectionaries are to be eaten during the school day.
- To ensure up to date information relating to good nutrition is taught to pupils via the school curriculum.
- Ensure that lunchtime staff receive regular and appropriate training in matters relating to hygiene, nutrition and serving.

Packed Lunch Policy :

We have a strict policy on these foods that are not suitable for a school lunch:

Chocolate or Sweets-of any kind

Fizzy drinks

Sticky or iced Cakes

We ask that parents are mindful of the potential allergies of other children in the school. We accept that allergies are many and varied but do ask that parents refrain from including nuts of any kind in their child's packed lunch as this is a known and common allergen.

We encourage parents to provide a healthy and nutritious packed lunch box.



Hot Meal Provision

At present we provide three healthy and nutritious menus throughout the year via our Spring, Summer and Autumn menus. The menus are compiled to meet the very strict requirements of the new School Food Standards.

With our healthy School lunches we provide fresh drinking water and a small cup of milk if requested.

Children are not permitted to bring in any additional items to supplement the school meal e.g. milkshake, juice or condiments like tomato sauce etc.

We hold up to date records of all allergens and Allergies that are in each of the meals on our school menu, if you would like any information regarding this please do not hesitate to contact the catering department at the school.

Development areas

We strive to continuously amend and keep in line with Food Standards For Schools Guidelines.

Sourcing fresh produce from our poly tunnel and raised beds will allow us to grow, cook and consume raw materials straight from school that have been grown by the children themselves, to educate the children so they can make informed choices.

Equal opportunities

This policy applies to and seeks to reflect the cultural diversity of the pupil body and consideration of special dietary needs and food preferences and practices.